

Texas

College of Industrial Arts
The Texas State College for Women
Denton, Texas

MENUS AND RECIPES

BY

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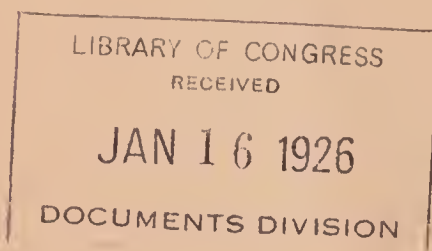
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FOREWORD

This Bulletin presents the problem of menu making on the scientific basis and in a simple concise form which it is hoped will prove practical. The menus were checked in the dietetic classes in order to insure conformity with our standard for balanced diets. The recipes have been tested and can be relied upon. Recognition is here made of the valuable assistance rendered by students of the Department of Household Arts who worked out portions of the bulletin in their several classes under the direction of experts in dietetics and in the pro-seminar course in household arts.

INTRODUCTION

This Bulletin has been prepared for the specific purpose of giving to the women who have had no scientific training the knowledge gained by expert workers in the field of dietetics, together with some suggestions for the application of this knowledge to the individual food problems of the average home-maker.

Scientific knowledge has made large contributions to life; there is perhaps no phase of life which it has left untouched; its value is such that the lines of the progress of civilization are largely determined by the extent to which application of scientific facts has been carried in any direction. The marvelous development in the field of medicine and surgery rests on the knowledge of chemistry, bacteriology, and physiology—a knowledge which has made long strides in recent years. The equally marvelous advance in industry rests on the application of facts and principles of physics, chemistry, and engineering as evidenced by the valuable inventions which have made possible our present transportation system, our transformed system of labor, and our ever expanding world of advancement.

Science, which contributes so much to the social development of humanity at large, has contributions which will prove equally valuable to the women in the home. Not the least contribution is that which, if accepted, will lighten the task of feeding the family as well as insure the right kind of food, at the least possible expense of time, effort, material and money.

In order to exploit this valuable supply of knowledge and turn this wealth of facts and principles into practical channels so that it is available in the home, it is necessary that the woman in the home recognize the possibilities for help from this source; that she develop an interest in scientific methods and scientific discoveries; and that she secure the co-operation of expert workers in nutrition and dietetics. Busy women who must spend all their time at the task of home-making have not the time nor inclination to trace the process by which scientific discoveries are made, but they may keep in touch with the latest developments. Thus they will secure for themselves and for their families all the ad-

vantages to be gained by the application to their specific problems of all the knowledge that is made available through the efforts of innumerable trained workers, who are devoting themselves to the task of discovering the truth.

IMPORTANCE OF STUDY OF FOOD PROBLEM

Available figures on the number of malnourished children in every community show that there is an appalling number of children who are not properly fed. One can scarcely believe that 33% of the children in the United States are classed as malnourished; this means that they are seven per cent or more under weight. Statistics show also that malnutrition is not confined to any section or to any one type. Children in the city and on the farm seem to suffer equally, and children from well-to-do homes rival those from the homes which are poverty-stricken. The explanation lies in the fact that knowledge is lacking and that ignorance of the essentials for right development, for good health, and for efficiency as a worker prevails everywhere.

Women who provide the food for the world; women who establish the food habits of the children who will be the future generation; women who are interested in the race and its progress as well as its perpetuation—these women who have done so much for the world must study this new problem and establish new standards based on the best information obtainable.

The first step in the solution of any problem is a thorough understanding of that problem; to secure such an understanding it is necessary to analyze our problem. We may find it instructive as well as interesting to analyze the food problem from the standpoint of the home-maker and also of the food expert.

When the home-maker studies her problem, she finds that her task is really identical with that of every other home-maker.

- 1.—The food needs of the family are constant and the task of providing three meals a day for years is not an easy one.

- 2.—The food demands of every family are individual and to some extent must always be so; the amount of food required varies according to the personnel of the family and to other conditions, such as type of work, activity, health, etc.
- 3.—The kind as well as the amount of food is important since illness may result from a diet deficient in certain elements, and since the physical and mental development are retarded when the food lacks the essential elements in right proportions.
- 4.—Food habits once established are not easily changed even for good causes.
- 5.—Food habits are usually established either on the basis of appetite or on the basis of food customs of the family. Either of these *may* give good results, but they frequently are not the best standards. Food experts have determined experimentally the needs of the body. They have definite and accurate information in regard to the kind of food needed and the amount of food required under different conditions. These bodily needs are an index of the essentials to be considered in the daily dietary and really form the only right basis on which to establish the food habits of our nation.

Will you not give this plan a trial? Does it not seem reasonable that we ask you to use these facts which have been proved true by reliable workers?
- 6.—Foods needs are supplied by food products which may be classified according to their place in the menu.
- 7.—One of the chief difficulties of the home-maker is the problem of securing sufficient variety to make her meals attractive.
- 8.—Another difficulty is that of planning meals which provide for the needs of the various members of her family without too much trouble and expense.
- 9.—Still another difficulty not always recognized is lack of knowledge of the real needs of the body.

- 10.—Food expenditures constitute the largest item in the family budget; yet one of the greatest difficulties is that of providing satisfactory food for the money available.
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From the standpoint of the food expert the following definite statements may be made:

- 1.—Every person needs a certain amount of food each day.
- 2.—The amount of food needed by the body has been determined by the scientific worker.
- 3.—The food needs of the body are expressed in terms of food principles rather than in terms of food products.
- 4.—The food principles are the chemical elements and compounds of which food materials are composed.
- 5.—It is important that the various food principles be supplied in certain definite proportions for health and efficiency.
- 6.—Practically all food products of the home contain more than one food principle.
- 7.—In practically all foods there is one food principle that predominates.
- 8.—The building materials required by the body are protein, water, minerals, and vitamins. These are essential for the growth and repair of the body tissues, the fluids, and the skeleton.
- 9.—Heat which is necessary to maintain body temperature may be secured from either proteins or carbohydrates, preferably the latter.
- 10.—The food necessary to supply energy is best furnished by food products which are predominantly carbohydrates and fats.
- 11.—Food substances which function in the body as regulators are water, mild fruits, and vegetables.

12.—Vitamines, the nature of which is not thoroughly understood, are essential for health and growth.

TWO VIEWPOINTS COMPARED

If we now make a comparison between these two problems, we note that they resemble each other so closely as to be practically identical.

Both the home-maker and the food expert realize the constant need for food. Both know that the amount and kind of food are important, but the home-maker thinks in terms of food products while the food expert thinks in terms of food principles. There must be a transposition of food principles into food products for practical application in the daily routine of the home.

This is accomplished by the classification of food products in groups according to the uses in the body. The following tables indicate how this is done:

- Group 1. Fruits and vegetables.
- Group 2. Meats and other protein rich food.
- Group 3. Cereals and other starchy foods.
- Group 4. Sweets.
- Group 5. Fatty foods.

Group 1.—Fruits and vegetables, such as oranges, apples, bananas, berries, all citrus fruits, spinach, cabbage, turnips, green beans, peas, corn, carrots, and many other vegetables and fruits that are common in the home serve as body-regulating substances and help to supply the mineral matter needed to build the framework of the body. They give bulk to the diet and satisfy the appetite more than any other food.

Group 2.—Meat and meat substitutes are protein-rich foods; moderately fat meats, poultry, fish, cheese, eggs, and milk are also. These are sources of an important body-building material and should be in every meal in one form or another. In a child's diet part of the protein should always be whole milk.

Group 3.—Foods that are rich in starch are all cereals, such as wheat, rice, rye, barley, oats, corn, and both Irish and sweet potatoes. There are many ways in which foods may be prepared, but in all ways they will supply the same general material. It is from these foods that we get most of our nourishment. The grains may be ground in flour and used in pastry, breads, cakes, etc. They may be prepared in the form of pastes, such as macaroni and noodles, or the grains may be simply cleaned before cooking, as in the case of rice.

Group 4.—Sugar; honey, molasses, sirups, preserves, and some fruits must be in every meal to give the flavor to the food as well as to provide fuel for the body.

Group 5.—Foods rich in fat are bacon, butter, cream, salt pork, and salad oils. These foods give energy and build the tissues.

Almost all food materials belong to more than one group; that is, they supply more than one substance, but they are grouped according to the nutrient for which they are usually considered most valuable.

Below is shown a tabulation of foods according to their grouping. If the housekeeper has such a tabulation to consult when she arranges her meals, she will be sure that the family is provided with all the food needs.

Group 1.—*Foods depended on for Mineral Matters, Vegetables, Acids, and Body-Regulating Substances:*

<i>Fruits</i>	<i>Vegetables</i>
Apples, pears, grapes	Salads, lettuce
Bananas	Celery
Berries	All greens, such as spinach and turnip greens
Oranges, lemons	Green peas, beans, corn
Grapefruit	Potatoes and root vegetables
	Tomatoes and squash

Group 2.—*Foods depended on for Protein:*

Milk, cheese	Fish
Eggs	Dried peas, beans, and cow- peas
Meat	Nuts
Poultry	

Group 3.—Foods depended on for Starch:

Cereal grain, meal, flour	Cakes, cookies, and starchy
Cereal breakfast foods	puddings
Crackers	Potatoes and other starchy
Macaroni and other pastes	vegetables

Group 4.—Foods depended on for Sugar:

Sugar	Candies
Molasses	Fruits preserved in sugar,
Sirups	jellies, and dried fruits
Honey	Sweet cakes and desserts

Group 5.—Foods depended on for Fat:

Butter and cream	Salt pork and bacon
Lard, suet, and other cooking	Table and salad oils
fats	

GOOD FOOD HABITS

Food habits viewed from the standpoint of the scientific expert assume large proportions. The difficulty experienced in influencing even the most intelligent persons to alter their food habits to correspond to the physiological needs of the body as they have been determined, leads us to urge the woman who controls this formation of food habits to study this phase of her problem carefully, and to realize the importance of establishing right habits—habits based on the needs of the body, and habits which provide for adaptation to the most diverse conditions. In simple language, every child should be taught to eat the foods which are good for him; that is, which supply the needs of the body. He should learn to eat a large variety of food since he cannot always determine for himself what he will have to eat.

The food expert has learned that the organs of the body utilize the various food principles just as well from one source as from another, but it seems to be generally true that the housewife finds it difficult to utilize the various food products with equal ease. She has not learned to gauge value as food value instead of money value, although we find some manufacturers who utilize this factor to advertise their product. Those who desire to get the largest returns in the satisfaction of food needs for every dollar spent for food should study food value in relation to price and so buy with their eyes open.

MENUS FOR SPRING

MONDAY

Breakfast—Oranges, puffed wheat with top milk, creamed eggs on toast, coffee, milk.

Luncheon—Scalloped potatoes, lettuce, and young onions for salad, prune whip.

Dinner—Dried lima bean loaf, corn a la Southern, fried apples, strawberry shortcake.

TUESDAY

Breakfast—Blackberries, cornmeal muffins, scrambled eggs, coffee, milk.

Luncheon—New potatoes and English peas creamed, fresh peaches.

Dinner—Ham with gravy, rice and tomatoes en casserole, cucumber-celery salad, Graham bread, rhubarb pudding.

WEDNESDAY

Breakfast—Dewberries with sugar and milk, Post Toasties with milk, poached eggs on toast, coffee, milk.

Luncheon—Franconia potatoes, radishes and onions.

Dinner—Shepard's pie, mustard greens, rice with tomato sauce, buttered beets, milk sherbet.

THURSDAY

Breakfast—Stewed prunes, cream of wheat with top milk, bacon and eggs, popovers, coffee, milk.

Luncheon—Asparagus salad, Graham bread, strawberries and cream, milk.

Dinner—Swiss steak with gravy, new potatoes buttered with parsley, creamed peas, fresh onions, Parker House rolls, butter, dewberry pie.

FRIDAY

Breakfast—Strawberries, goldenrod eggs on toast, milk, coffee.

Luncheon—Stuffed tomatoes, cornbread sticks, buttermilk.

Dinner—Irish stew, lettuce tomato salad, crusty rolls, ice cream with strawberries.

SATURDAY

Breakfast—Blackberries, waffles with honey, milk, coffee.

Luncheon—Potato salad, cucumbers, cream puffs, milk.

Dinner—Roast beef, gravy, rice croquettes, lettuce salad with French dressing, bread and butter, jelly, orange gelatin, whipped cream.

SUNDAY

Breakfast—Bananas with cream, drop biscuits, bacon and eggs, coffee, milk.

Dinner—Fried chicken, cream gravy, buttered new potatoes, corn on the cob, asparagus salad, vanilla ice cream, sponge cake.

Supper—Bread and butter sandwiches, baked peaches.

MENUS FOR SUMMER

SUNDAY

Breakfast—Cantaloupe, French toast, butter, poached eggs, coffee, milk.

Dinner—Smothered chicken, rice with tomato sauce, cucumber-onion salad, cheese straws, beet pickles, apricot ice cream, Sunshine cake.

Supper—Fruit salad with boiled dressing, bread and butter sandwiches, milk.

MONDAY

Breakfast—Fresh peaches with sugar and top milk, Post Toasties with milk, scrambled eggs, buttered toast, coffee or milk.

Luncheon—Vegetable salad with cream dressing, bread and butter, sponge cake, fruit punch.

Dinner—Meat en casserole, biscuits and butter, lettuce salad with French dressing, blancmange with custard sauce, milk.

TUESDAY

Breakfast—Blackberries with sugar and top milk, shredded wheat with milk or cream, bacon, toast, coffee or milk.

Luncheon—Green corn on cob or scalloped, Graham bread and butter, lettuce salad with French dressing, fresh peaches.

Dinner—Fried chicken and gravy, sweet potatoes, bread and butter, asparagus, pepper salad, ambrosia, milk.

WEDNESDAY

Breakfast—Fresh apricots with top milk, muffins, soft boiled eggs, coffee, milk for children.

Luncheon—Fried egg plant, cornbread sticks, butter, peach whip, iced tea.

Dinner—Peppers stuffed with meat, green peas, tomato-lettuce salad, bread and butter, fresh plums.

THURSDAY

Breakfast—Cantaloupe; bacon and eggs, popovers, coffee, milk.

Luncheon—String bean salad, bread and butter, cup cakes and lemonade.

Dinner—Broiled steak, milk gravy, mashed potatoes, bread and butter, cucumber and tomato salad, grape juice sherbet, sponge cake.

FRIDAY

Breakfast—Grape nuts with sugar and top milk, plain omelet, biscuits and jam, coffee, milk.

Luncheon—Stuffed tomato salad with cottage cheese, fried okra, watermelon.

Dinner—Baked fish with tartar sauce, raw fried potatoes, bread and butter, apple pie, milk.

SATURDAY

Breakfast—Fresh figs, toasted rolls with strawberry jam, creamed codfish and boiled potatoes, milk, coffee.

Luncheon—Black-eyed peas, cornbread, fruit salad and mayonnaise, milk.

Dinner—Puree of pea soup, ham and baked potatoes, fresh butter beans, Graham bread and butter, snow pudding, devil's food cake.

MENUS FOR FALL

MONDAY

Breakfast—Cream of wheat with cream and sugar, broiled ham and scrambled eggs, toast with butter, coffee, milk for children.

Luncheon—Baked beans and brown bread, lettuce salad, milk.

Dinner—Nut loaf (peanuts), rice, sliced tomatoes, apple fritters, peach tapioca.

TUESDAY

Breakfast—Oranges, corn meal mush, coffee, milk.

Luncheon—Waldorf salad, caramel custard.

Dinner—Salmon loaf, mashed potatoes, asparagus, green pepper salad, bread and butter, ginger bread with whipped cream.

WEDNESDAY

Breakfast—Puffed rice with dates, biscuits and jelly, soft cooked eggs, coffee, milk for children.

Luncheon—Cream of celery soup, croutons, nut bread, prune whip, milk.

Dinner—Meat loaf, baked potatoes, cold slaw, buttered beets, biscuits and butter, custard pie.

THURSDAY

Breakfast—Rolled oats with top milk, Graham gems, orange marmalade, coffee, milk.

Luncheon—Tomato soup, toast sticks, sandwiches (peanut butter), creamy rice pudding.

Dinner—Broiled steak, stuffed baked potatoes, spinach greens, beet pickles, spoon cornbread, peach short cake.

FRIDAY

Breakfast—Sliced oranges, omelet with ham or jelly, bran muffins, coffee, milk.

Luncheon—Macaroni and cheese wafers, banana salad, milk.

Dinner—Baked white fish, tartar sauce, French fried potatoes, tomatoes stewed, cornbread sticks, baked apples.

SATURDAY

Breakfast—Stewed prunes, shredded wheat biscuits, creamed dried beef, boiled potatoes, coffee, milk.

Luncheon—Creamed fish in toast cases, pineapple salad, milk.

Dinner—Roast beef and browned potatoes, string beans creamed, lettuce and onion salad, pumpkin pie.

SUNDAY

Breakfast—Sliced peaches, meat and potato hash, biscuits, honey, milk, coffee.

Dinner—Baked chicken with dressing, sweet potatoes boiled with gravy, tomato jelly salad, boiled dressing, olives and celery, frozen apricots.

Sunday night supper—Cold tongue, bread and butter sandwiches, Banbury tarts.

MENUS FOR WINTER

SUNDAY

Breakfast—Oranges, waffles, maple syrup, coffee, milk.

Dinner—Maryland chicken, duchess potatoes with peas in center, asparagus salad, biscuits and marmalade, frozen pudding, angel food cake.

Sunday night supper—Dutch apple cake, cocoa.

MONDAY

Breakfast—Rolled oats with raisins and top milk, poached eggs on toast, coffee, milk.

Luncheon—Club sandwiches, apple tapioca, milk.

Dinner—Cream of tomato soup, crackers, roast pork with gravy, rice or potatoes steamed, apple sauce, cottage pudding.

TUESDAY

Breakfast—Grapefruit, hominy, toast and blackberry jam, coffee, milk.

Luncheon—Scalloped onions and peanuts, rye rolls and butter, jelly roll.

Dinner—Broiled steak and gravy, mashed potatoes, green beans, head lettuce, Thousand Island dressing, chocolate pudding with whipped cream.

WEDNESDAY

Breakfast—Baked apples, dried corn meal mush, scrambled eggs, milk, coffee.

Luncheon—Frijole beans, bread and butter, fruit gelatin, milk.

Dinner—Roast chicken, corn meal stuffing, steamed rice, chicken gravy, hot rolls, cranberry jelly, perfection salad, snow pudding.

THURSDAY

Breakfast—Steamed rice with raisins and top milk, liver and bacon, bran muffins, coffee, milk.

Luncheon—Potato salad with onions, thin bread and butter sandwiches, hot chocolate, marguerites.

Dinner—Breaded veal cutlets, tomato sauce, baked sweet potatoes, spinach, emergency biscuits, jelly, Bavarian cream.

FRIDAY

Breakfast—Oranges, rolled oats with dates and top milk, bacon, French omelet, toast and butter, coffee, milk.

Luncheon—Bread and butter sandwiches, cheese souffle, apricots, vanilla wafers, milk.

Dinner—Stuffed ham roll, creamed potatoes, buttered carrots, bread and butter, grapefruit salad with French dressing, custard pie.

SATURDAY

Breakfast—Dried peaches with sugar and top milk, pork sausages and griddle cakes, coffee, milk.

Luncheon—Escalloped oysters, buttered hominy, lettuce salad with French dressing, milk.

Dinner—Salmon loaf, rice with tomato sauce, bread and butter, pineapple salad, coffee.

SPECIAL MENUS

THE OVEN DINNER

1. Baked beans, brown bread, hot apple pie.
2. Scalloped salmon, biscuits, peach cobbler.
3. Scalloped potatoes, baked eggs, spoon cornbread, apple dumplings.
4. Meat and rice en casserole, candied sweet potatoes, Dutch apple cake.
5. Potatoes on the half shell, baked peaches, pears or apples.
6. Corn and tomatoes scalloped, baked bananas, ginger bread.
7. Smothered chicken, cottage pudding.
8. Stuffed peppers, hot rolls, baked custard.
9. Macaroni and cheese, baked tomatoes.
10. Roast of meat pork, browned potatoes, baked apples.

BREAKFAST RECIPES

BREAKFAST FRUITS

FRESH FRUITS SERVED RAW

Grapefruit and oranges are served cut in half and are eaten with a spoon. Sugar may be used if desired.

FRESH FRUITS COOKED

Apples may be baked or stewed.

BAKED APPLES

Wipe and core tart apples, place in baking dish, and fill core cavities with sugar. Allow $\frac{1}{2}$ cup sugar to eight apples. Add boiling water to cover bottom of pan and bake in a hot oven until soft. Serve hot or cold with or without cream.

APPLE SAUCE

Use fresh apples; wash and cut fruit into quarters or eighths. Cook at a simmering temperature in enough water to prevent scorching until the fruit is tender and clear in color.

Remove from fire and stir or beat until smooth or press through a strainer. If sugar is desired, add $\frac{1}{8}$ to $\frac{1}{4}$ cup sugar for each 1 cup of cooked fruit. Stir until sugar is dissolved. Reheat if in a hurry to finish product. Fruits cooked with the peel on have different color and different food value from those cooked with the peel off.

GENERAL RULES FOR COOKERY OF DRIED FRUITS

Wash the fruit carefully. Place it in the saucepan in which it is to be cooked and pour enough cold water over the fruit to cover it. Cover the saucepan and allow the fruit to soak for several hours or overnight. Then cook the fruit at a simmering temperature in the water in which it was soaked. When the fruit is

tender, add sugar, if it is desired, and heat slowly until it dissolves. Serve the fruit cold.

CEREALS

Cereals are of two kinds; the prepared breakfast foods, such as corn flakes, puffed rice, shredded wheat, etc., which are purchased ready to serve; and cereals which require cooking, such as rolled oats, cream of wheat, corn meal, rice, and hominy.

You will note that, in the menus prepared, cooked cereals are used more largely in the fall and winter, and uncooked products are served more often in spring and summer. Cereals are inexpensive sources of mineral salts used in tissues and fluids of the body, of starch used as a source of energy, and of cellulose valuable as a source of roughage, not actually assimilated by the tissues but essential for normal functions of the digestive system.

As an economy measure, cereals should be used freely. The larger use of this valuable food may be encouraged in two ways:

1.—By careful cooking with proper amount of salt which develops the flavor.

2.—By addition of small amounts of highly-flavored or seasoned foods as raisins or dates with rolled oats or cream of wheat, and peaches or berries with flakes or shredded wheat.

The food value of cereals is increased by serving them with milk or cream and also by the use of milk instead of water in cooking the cereal.

Children should eat cereal at least once a day, preferably with milk rather than cream, and without sugar. If it is difficult to get a child to eat cereal with milk only, raisins or dates, which contain a large per cent of sugar may be added.

A few type recipes are given. These cover the possible difficulties that may arise and may be used for all the different grains.

RICE

Rice, when used as a cereal, is usually cooked in a minimum amount of liquid; milk is preferred. A general rule is that rice absorbs from three to five times its bulk in liquid, depending on how dry it is. The time for cooking is greatly shortened if the rice is soaked several hours; hence the following directions:

Soak 1 cup of rice in 2 cups of milk or water for several hours, over night if convenient.

Put rice in top of double boiler containing 1 or 2 cups of liquid as needed.

Heat the liquid and add salt before adding the rice. Cook 45 to 60 minutes, until grains are softened but do not lose their shape.

If rice seems dry, add more water as water is absorbed; if it appears too moist, place a dish directly over the flame and cook until water boils away, being careful to stir to prevent burning.

Serve with milk or cream and occasionally add raisins to give variety and to increase food value.

CEREAL RECIPES

CREAM OF WHEAT

3 cups boiling water

1 teaspoon of salt

1 cup of cereal

Pour the cereal slowly into boiling water. Cook directly over the flame for about 10 minutes. Then place over boiling water and cook $\frac{1}{2}$ hour.

CREAM OF WHEAT WITH DATES

To cooked cream of wheat add dates or raisins that have been heated over hot water until soft.

CORN MEAL MUSH

3 cups of cold water

1 teaspoon salt

$\frac{3}{4}$ cup corn meal

Mix the ingredients in a small pan and cook directly over the flame for five minutes. Cover and place over boiling water and let cook until all the water has been absorbed and no rare taste remains.

ROLLED OATS

1 cup of rolled oats

2 cups of water

1 teaspoon salt

The best way to cook cereal is in a double boiler. To 2 cups cold or lukewarm water add 1 teaspoon salt and 1 cup rolled oats. Cook until there is no taste of raw starch. This will require 40 minutes to 1 hour.

Rolled oats may be satisfactorily cooked in the fireless cooker. Put rolled oats and salt in cold water and place directly over flame until the water boils. Cover kettle and place in fireless cooker. If this is done just before one retires, the breakfast food will be deliciously cooked by morning.

Unless you like the product to be of the consistency of porridge, you must take care to use the minimum amount of liquid.

Definite directions are impossible because the amount of liquid to be used depends upon the consistency you prefer.

TABLE OF CEREALS
Proportions for double boiler use

Kind	Amount	Water	Salt	Time
Flaked rolled oats....	1 cup	2 cups	$\frac{1}{2}$ teaspoon	1 hour to over-night
Wheat flakes.....	1 cup	2 cups	$\frac{1}{2}$ teaspoon	30 to 40 minutes
Rye flakes.....	1 cup	2 cups	$\frac{1}{2}$ teaspoon	30 to 40 minutes
Whole grained rice....	1 cup	4 cups	1 teaspoon	45 min. to 1 $\frac{1}{2}$ hrs.
Hominy.....	1 cup	4 cups	1 teaspoon	4 to 5 hours
Ground cornmeal.....	1 cup	4 cups	1 teaspoon	40 min. to over-night
Cream of wheat.....	1 cup	4 cups	1 teaspoon	40 minutes
Farina.....	1 cup	4 cups	1 teaspoon	40 minutes

GENERAL RULES FOR COOKING CEREALS

Use 1 teaspoon salt to 1 quart water. Pour cereal a bit at a time into boiling salted water so as not to check the boiling. Cook directly over the flame until the cereal thickens; stir with a fork only when necessary. Place vessel over the bottom part of the double boiler which is partly filled with boiling water and cook from 45 minutes to 8 hours.

The quantity of water depends upon the kind of cereal and the utensil used. The double boiler, the fireless cooker, and the pressure cooker are particularly good for cooking cereals.

BREADS

Bread in some form can be used for every meal every day. Our great need in this respect is for a larger variety of bread. The possibilities are endless. Those forms of bread which are easily prepared and cooked in a short time are most commonly used for breakfast for obvious reasons.

We have found in class work that teaching breads is simplified by presenting the whole problem as one of proportion; lessons are given on batters and doughs.

The essential ingredients of batters and doughs are the same. Additional ingredients may be added in varying proportions as the product requires, but the proportion of flour to liquid has been standardized and mastery of this table of proportions will make one independent of printed recipes. Each woman should be able to build up her own recipes on the basis of this standard.

The greatest difficulty experienced with perfecting flour mixtures is the fact that we have no standard flour; not only do different flours present variations in quality, but different sacks of the same flour vary enough to make it necessary to use judgment in the use of flour. The amount of flour in any recipe must therefore be considered an approximation; it is wise to add the flour gradually and make sure of your results before you consider your product finished. A study of the table of proportions which follows will repay you by increasing the facility with which you develop your own recipes, and will give you a basis by which to test new recipes.

The rule for use of baking powder in flour mixtures is 2 level teaspoons to each cup of flour.

The rule for use of soda is $\frac{2}{3}$ to 1 teaspoon to a cup of sour milk.

The rule for the use of salt is $\frac{1}{2}$ teaspoon to each cup of flour.

TABLE OF PROPORTIONS

Batters and Doughs	Liquid	Flour	B. P.	Salt	Eggs	Shortening
Popovers.....	1 cup	1 c.....	$\frac{1}{4}$ c.	2	0 to $\frac{1}{2}$ t.
Fritters.....	1 cup	$1\frac{1}{4}$ to $1\frac{1}{2}$ c.....	$\frac{1}{4}$ t.	2	1 to 2 t.
Griddle cakes or waffles.....	1 cup	$1\frac{1}{4}$ to $1\frac{3}{4}$ c.....	4 t.....	$\frac{1}{2}$ t.	1-3	1 to 2 T.
Muffins.....	1 cup	2 c.....	4 t.....	1 t.	1-3	1 to 2 T.
Short cakes.....	1 cup	$2\frac{1}{2}$ to 3 c.....	5 t.....	1 t.	2 to 4 T. plus
Biscuits.....	1 cup	3 c. plus.....	5 t.....	1 t.	2 to 4 T. plus
Drop cookies.....	1 cup	$2\frac{1}{2}$ c.....	$1\frac{1}{2}$ t.....	1 t.	2 T.
Doughnuts.....	1 cup	3 c.....	5 t.....	$\frac{1}{2}$ t.	2-3	1 to $2\frac{1}{2}$ T.
Tea cake.....	1 cup	3 c.....	3 to 5 t.....	$\frac{1}{2}$ t.	1-3	$\frac{1}{2}$ c.
Layer cake.....	1 cup	3 c.....	4 t.....	2-4	$\frac{1}{2}$ to 1 c.
Loaf cake.....	1 cup	3 to $3\frac{1}{2}$ c.....	5 t.....	$\frac{1}{2}$ l.	2-3	$\frac{3}{4}$ c.
Coffee bread.....	1 cup	3 c.....	$\frac{1}{2}$ yeast.....	$\frac{3}{4}$ t.	1	$\frac{1}{4}$ c.
Rolls.....	1 cup	4 c.....	$\frac{1}{2}$ -1 yeast.....	$\frac{3}{4}$ t.	2 to 4 T.
Yeast bread.....	1 cup	5 c.....	$\frac{1}{4}$ -1 yeast.....	$\frac{3}{4}$ t.	1 T.
Pastry.....	$\frac{1}{2}$ cup	3 c.....	1 t.	1 c.

POPOVERS

Popovers are quite interesting as examples of the use of air and steam as a leavening agent.

The proportion used is one cup liquid to one cup flour.

They should be baked in deep cups of either iron or crockery, and the pans should be heated. A very hot oven is required to start with, but the heat may be reduced when the popovers have expanded as desired.

2 cups flour	2 cups milk or milk and water
1 teaspoon salt	3 eggs
1 teaspoon butter	(12 popovers)

Beat the eggs until light and then add liquid and flour alternately (salt is added to flour). Melt butter and add to mixture. Heat pans and grease well with fat. Fill pans only half full of mixture. Place in a hot oven. Bake 45 minutes. Heat may be reduced when popovers expand after 15-20 minutes. These are very crusty with hollow centers and if cooked too short a time will have a layer of raw dough on the inside.

WAFFLES

3 cups flour	$\frac{3}{4}$ teaspoon salt
4 teaspoons baking powder	2 cups milk
2 eggs	1 tablespoon fat

Sift flour, baking powder, and salt together; separate yolks and whites of eggs. Add milk to egg yolk; add the dry ingredients. Then add melted fat and whites of eggs beaten stiff.

GRIDDLE CAKES

All batter mixtures may be made of:

1. Sweet milk and baking powder.
2. Sour milk and soda (or buttermilk).

General rule for soda: Two-thirds teaspoon to each cup milk (less if milk is just turned).

General rule for baking powder: Two level teaspoons to every cup sifted flour.

Griddle cakes are especially tender and of good flavor when made with buttermilk.

Griddle cakes may be made with proportions varying from 1 to $1\frac{3}{4}$ cups flour to 1 cup liquid.

2 cups milk	1 teaspoon salt
2 eggs	6 teaspoons baking powder
3 cups flour	3 teaspoons melted butter

Mix and sift dry ingredients.

Beat eggs and add liquid and flour alternately.

Bake by spoonfuls on a hot greased griddle. When batter is puffed full of bubbles and cooked on edge, turn and cook on other side. Do not turn back and forth, but cook entirely on one side before turning. Practice will make you skillful in baking—the most important part of the process of making griddle cakes.

BREAD GRIDDLE CAKES

$1\frac{1}{2}$ cups fine stale bread crumbs	4 teaspoons baking powder
1 teaspoon melted butter	$1\frac{1}{2}$ cups scalded milk
$\frac{1}{2}$ cup flour	2 eggs
	$\frac{1}{2}$ teaspoon salt

Place crumbs in bowl, add milk and butter, and soak until crumbs are soft.

Add eggs well beaten.

Then add flour to which salt and baking powder have been added. Bake on a hot greased griddle until brown.

CORN GRIDDLE CAKES

2 cups sour milk or buttermilk	2 teaspoons melted butter
$1\frac{1}{2}$ to 2 teaspoons soda, depending on acidity of milk	2 eggs
$1\frac{1}{2}$ cups corn meal	1 teaspoon salt

Corn meal is heavier than wheat flour, so less by measure gives right proportion.

MUFFINS

WHEAT MUFFINS

4 cups flour	2 cups liquid (milk)
1 teaspoon salt	2 eggs
8 teaspoons baking powder (1 teaspoon sugar may be added)	4 teaspoons melted butter

Mix and sift the dry ingredients. Break eggs into mixing pan and add liquid and flour alternately. Add melted butter. Bake in buttered muffin pans in hot oven 10 to 20 minutes, the time depending on the size of the pans.

CORN MEAL MUFFINS

Beat 3 egg yolks	And 1 tablespoon melted
Add 1 cup milk	butter
Add 2 cups corn meal	And 4 teaspoons baking
Also $\frac{1}{2}$ teaspoon salt	powder
	Lastly 3 egg whites beaten
	separately

Fill greased muffin tins only one-half full. Bake in moderate oven 20 to 30 minutes.

BRAN MUFFINS

2 cups buttermilk or sour milk	1 teaspoon soda
2 cups bran	1 cup whole wheat flour
2 eggs (may be omitted)	3 teaspoons baking powder
1 teaspoon salt	1 tablespoon sugar

Add soda to liquid, also egg if desired. Mix without sifting all dry ingredients. Combine the two mixtures. Bake in buttered muffin pans 30 to 40 minutes.

GRAHAM MUFFINS

$1\frac{1}{2}$ cups graham flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup corn meal	4 teaspoons baking powder
$\frac{3}{4}$ cup milk	2 tablespoons melted butter

Scald milk and pour over corn meal. Cover and let stand 10 minutes. Add Graham flour plus salt and baking powder. Lastly add melted butter. Batter should be moderately stiff. Bake in moderate oven 20 to 30 minutes in greased muffin tins.

BREAKFAST BREADS

BISCUITS

3 cups flour	6 teaspoons baking powder
3 tablespoons fat	3 teaspoons salt
1 cup milk or water	(2 dozen small biscuits)

Mix and sift dry ingredients. Cut in the fat. Add liquid gradually to get exact amount which the flour will absorb. Roll out

one-half inch thick on floured board. Cut small biscuits. Bake in hot oven 15 minutes. Be careful to use least amount of flour which will permit dough to be rolled. Mix slightly. Do not knead as for bread. Bake quickly and serve at once.

EMERGENCY BISCUITS

2 cups flour	1 cup milk or milk and water
2 tablespoons fat	4 teaspoons baking powder
	2 teaspoons salt

Mix flour, salt, and baking powder. Cut into this mixture the fat. Add milk to make a drop batter instead of a dough to be rolled out. Drop by spoonfuls into muffin pans. Bake in hot oven 12 to 15 minutes.

SOUR MILK BISCUITS

1 cup sour milk	1 teaspoon salt
$\frac{1}{2}$ teaspoon soda	2 teaspoons baking powder
1 tablespoon Crisco	2 cups flour

Add salt, soda, and baking powder to flour. Sift into mixing bowl and cut in Crisco with knife. Add sour milk. Make a soft dough. Avoid kneading; handle as lightly as possible. Cut out and place in pan. Allow biscuits to stand 15 to 30 minutes. Bake in hot oven—12 to 15 minutes. Baking sheets are much more satisfactory when oil or gas stoves are used. If you do not have one of these, the same result may be obtained by placing biscuits on bottom of a pan which is reversed.

TOAST

Toast is more generally used in the West than in the South. It is, however, a good food for breakfast, especially in families where there are children. Toast to be acceptable must be dried enough to be crisp and browned sufficiently to look attractive. A light golden brown is best liked.

Bread for toasting should be cut about three-eighths inch thick. Bread which is one day old makes the best toast. Graham bread as well as wheat bread may be toasted. Where buttered toast is desired, the butter should be spread on toast as soon as it is ready for the table. Do not use melted butter, since melting the butter affects its flavor. Toast should be served hot and preferably prepared just in time to serve.

Toast may be served dry without butter, or it may be buttered. It may be served with cream sauce. This is excellent for children and invalids. Toast may also be softened by pouring over it boiling water which is drained off, after which toast may be spread with butter and sugar.

Toast is used as a foundation for serving many creamed dishes, such as creamed chicken, creamed eggs, creamed dried beef, and poached eggs, and it may be used for club sandwiches. A popular variation of plain toast is French toast, which may be served for breakfast, for luncheon, or for supper.

FRENCH TOAST

3 eggs	6 tablespoons milk
$\frac{1}{2}$ teaspoon salt and pepper	6 slices bread $\frac{3}{8}$ -inch thick

Beat eggs together in a pan. Add milk and seasoning; dip slices of bread in egg mixture and fry in rather large amount of fat until golden brown. Serve with syrup or honey. Butter is not needed since some fat was absorbed in the cooking process.

MILK TOAST

1 pint scalded milk	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	5 slices toast
2 tablespoons flour	

Make a medium white sauce, using butter, flour, salt, and milk. Cook until there is no taste of raw starch. Toast slices of bread a light brown. Toast for this method of serving should be very dry and crisp. Place toast on platter, and pour over it white sauce. Garnish with slices of hard boiled eggs. This makes an attractive dish to serve.

EGGS

The only satisfactory methods for cooking eggs are those which provide a low temperature; namely, below the boiling point, because intense heat hardens albumen, the chief constituent of eggs. Eggs if boiled should be cooked not longer than four minutes. When removed from water, they will slip out of the shell more easily if they are dipped in cold water. Eggs cooked in the shell may be either soft cooked or hard cooked, the only difference being the length of time. If eggs are put into cold water which is

then heated to the boiling point gradually, the eggs will be soft cooked when the boiling point is reached. For hard cooked eggs, the water must be kept hot, not boiling, for 12 to 15 minutes. If eggs are placed in hot water, they will require 8 to 10 minutes for soft eggs and 20 minutes for hard eggs. Sufficient water should be used to cover eggs so that they may cook evenly.

EGGS COOKED WITHOUT SHELL

SCRAMBLED EGGS

Eight eggs plus 1 tablespoon milk for each egg plus one-half teaspoon salt plus 1 teaspoon butter plus one-eighth teaspoon pepper.

Beat eggs lightly to mix yolk and white; and salt, pepper, and milk. Heat French pan and put in butter; when it is melted add the egg mixture. Cook until of a creamy consistency from 3 to 5 minutes, depending on the surface of the pan. As eggs cook, stir to allow the uncooked to come in contact with the pan. Do not overcook.

POACHED EGGS

Boiling water must be used to poach eggs, since albumen is soluble in cold water, but a boiling temperature continued hardens the albumen; so the heat must be reduced after the eggs are put into the pan. Use an iron or sheet iron pan, in which water to cover the eggs is heated to boiling point. Drop in eggs carefully to prevent breaking. The heat is reduced and the eggs cooked until the white is coagulated, but the yolk is not. Remove from pan on to pieces of toast. Salt, pepper, and butter are added last.

PLAIN OMELET

4 eggs
 $\frac{1}{2}$ teaspoon salt

4 tablespoons hot water
1 teaspoon butter

Separate yolks from whites. To yolks add salt, pepper, and hot water, and beat until thick and lemon-colored. Beat whites until stiff, cutting and folding them into first mixture until they have taken it up. Heat omelet pan, and butter sides and bottom. Turn in mixture, spread evenly, and place on stove where it will cook slowly over a low flame, occasionally turning the pan that

the omelet may brown evenly. When it is well "puffed" and delicately browned underneath, place pan on center grate of oven to finish drying the top. Do not brown the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Crease the omelet with a knife at right angles to handle of the pan, taking care that the omelet is not cut. Fold the half away from the handle of the pan over the other half. Turn on to a hot plate and serve immediately.

BREAKFAST MEATS

CODFISH

1 quart water
1 lb. codfish
1 pint milk

2 tablespoons butter
2 tablespoons flour

Shred the fish and put into frying pan. Cover with water and cook until tender. When done and water is boiled out, add one pint of thin white sauce (omit the salt); heat all together and pour into hot serving dish. Garnish with slices of hard cooked eggs.

MEAT AND POTATO HASH

Chop the corned beef or other cooked meat and cooked potatoes, using about equal quantities of meat and potatoes. Turn into frying pan. Add one cup hot water. When water has boiled away, fry down and brown by using butter.

Hash should be neither too dry nor too wet; it should be well seasoned and should be browned to make it attractive.

BACON

Place strips of bacon in frying pan and cook over hot fire. Some prefer bacon very crisp; others prefer to take it up before all the fat is cooked out of it.

HAM AND EGGS

Pan broil fat pieces of ham, and place on a hot platter. Have plenty of fat in pan. Break eggs singly into sauce dish and turn

into pan, giving plenty of room for each egg. Dip the fat over the eggs; when a transparent film is formed over the yolks, remove and place each egg on a slice of ham.

Do not overcook eggs, because eggs which are cooked too long or at too high a temperature are indigestible.

BEVERAGES

Beverages are flavored drinks, the chief constituent of which is water. The chief value lies in their water content. They are important in the diet because a large per cent of the water used in the body is obtained from beverages. The body needs a daily supply four or five pints of water. Do you insist upon that amount? For children the beverage par excellence is milk. They may drink water and fruit juices, provided they drink some milk.

Coffee, which is very generally used as the breakfast beverage, is not particularly harmful to the normal active adult when properly prepared. It should not be allowed to take the place of food, however, and should not be taken on an empty stomach.

Children should not be allowed to drink tea or coffee, because they need milk instead. Coffee has no food value of itself and its stimulating properties are detrimental to the formation of right food habits. The same points may be noted in regard to tea, with the additional point that milk or cream in tea is decidedly harmful. In regard to the preparation of these beverages, neither tea nor coffee should be allowed to stand on the grounds for hours. Tea is best when the water is simply poured through a strainer containing the tea leaves, but it may be made by pouring boiling water on to leaves placed in a teapot and used throughout the meal. Tea must be freshly prepared for each meal, not only because of the flavor, but also because of the harmful effects of the tannin which develops as tea stands. The coffee pot should be emptied after each meal. Any coffee which is left may be poured off the grounds into a cup or milk bottle and used as part of the water when coffee is prepared again, but the coffee pot must be emptied, washed thoroughly, and sunned occasionally to keep it sanitary. Coffee should always be prepared just in time to serve it as soon as it is ready.

The general rule for amount of coffee to be used is one tablespoon ground coffee to each cup required and one extra for the pot.

METHOD No. 1. BOILED COFFEE (COLD WATER)

For six cups coffee, use a two-quart coffee pot. Take seven tablespoons coffee finely ground, add one eggshell or one teaspoon of egg and mix with 1 cup water. Add 5 cups cold water, reserving 1 cup to settle. Place on stove. When boiling point is reached, reduce fire. Note the time and boil 4 minutes. Settle by pouring in a cup of cold water. Serve at once. It must be served hot. If you neglect to take note of the time, you can judge somewhat of the time needed by the way the coffee boils. In the beginning, it boils up to the top of the coffee pot; it takes about 5 minutes for the air to boil out of the water, so that the coffee boils quietly. When coffee is made in large quantities, it is necessary to boil it 8 to 10 minutes.

METHOD No. 2. BOILED COFFEE (HOT WATER)

For six cups of coffee, a two-quart coffee pot should be used. Use seven tablespoons coffee (finely ground) and six cups boiling water. (Egg may be used, if desired as before.) Place over flame and boil 4 minutes. Time the boiling process for best results. Before removing from fire, add one cup cold water to settle coffee.

METHOD No. 3. PERCOLATED COFFEE

Use two-quart percolator, preferably nickel-plated. Into top of percolator, measure eight tablespoons coffee very finely ground. Pour over the coffee seven cups boiling water. Place over the fire and allow boiling to continue for five minutes, when beverage is ready to serve.

METHOD No. 1. TEA—THE JAPANESE METHOD

This method gives the most delicately flavored tea. Use one teaspoon tea to each cup; place tea in strainer or tea ball provided for the purpose, and holding the strainer over the tea cup, pour over the tea freshly boiled water kept at the boiling point.

METHOD NO. 2. TEA—THE AMERICAN METHOD

Use teapot of brown crockery. Heat teapot by filling with boiling water. Boil water for tea in a saucepan or kettle. Empty water from teapot. Measure out tea, one teaspoon for each cup; pour into teapot boiling water. Serve at once. Tea may be served with sliced lemon or with sliced orange, which give a delicious flavor.

COCOA

1 quart milk scalded	$\frac{1}{2}$ cup cocoa
1 quart hot water	$\frac{1}{4}$ cup sugar

Mix sugar and cocoa and stir to a smooth paste with one cup hot water; add scalded milk and remainder of water, which should be hot. Boil five minutes. Place in double boiler to keep hot until served. More sugar may be used if sweeter mixture is desired; many recipes call for equal amounts of cocoa and sugar. The liquid may be all water or all milk or any proportion of milk and water, but one should remember that milk has real food value while water has none; hence the food value of the cocoa is increased when milk is used.

LUNCHEON AND SUPPER RECIPES

CREAM OF CELERY SOUP

$1\frac{1}{2}$ cups cubed celery	1 pt. thin white sauce (use
$\frac{1}{2}$ teaspoon salt	4 tablespoons flour and 4
1 pint boiling water	tablespoons butter

Put celery into boiling salted water, cover the vessel, and cook at simmering temperature until the celery is tender and of a clear color. Make a thin white sauce. Heat the mixture to boiling hot temperatures. Combine and serve immediately in hot soup plates.

CREAM OF TOMATO SOUP

2 cups tomato pulp	1 qt. thin white sauce (use
4 tablespoons butter	4 tablespoons flour and 4
	tablespoons butter)

Turn tomatoes into a saucepan and cook at simmering temperature until tender. Press through a strainer. Heat the white

sauce and the two cups of tomato pulp to boiling hot temperatures and combine. Serve immediately in hot soup plates.

Do not reheat the mixture after combining tomatoes and white sauce.

CROUTONS

Cut stale bread in one-third inch slices and remove crusts. Spread evenly and thinly with butter. Cut slices in one-third inch cubes. Brown until delicately colored on all sides.

PEA SOUP

1 can peas	$\frac{1}{3}$ teaspoon salt
2 teaspoons sugar	1 slice onion
1 pint cold water	2 tablespoons butter
1 pint milk	2 tablespoons flour

Drain peas from liquor, add sugar and cold water, and let them simmer for twenty minutes. Rub through a sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, add milk to mixture, and season with salt and pepper.

RABBIT POT PIE

Cut a dressed rabbit into small pieces, salt and let stand over night. Place in kettle with water to cover, season with one onion if desired; cook until tender. Prepare crust of pastry.

2 cups flour	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup lard or other fat
$\frac{1}{4}$ cup water	

Line the side of pudding pan with crust, fill with meat and potatoes cut in small pieces. Onions improve flavor for most people and may be used with potatoes.

Moisten with broth in which rabbit was cooked.

Cover with crust and bake one hour or until crust is well baked and is brown.

COTTAGE CHEESE

1 quart thick sour milk	$\frac{1}{4}$ teaspoon salt
Cream or butter	Warm water

Method 1. Pour at least two quarts of warm (not hot) water into the sour milk. Allow the mixture to stand until the curd

separates from the whey. Drain the mixture in a cloth, pressing the cloth very gently until the curd is dry, or allow it to drip several hours. Put the curd in a bowl, add salt and a little cream or melted butter, and mix thoroughly. Serve lightly heaped, or moulded into balls.

Method 2. Heat sour milk in top of double boiler to separate the whey from the curd. (The drip method takes a longer time, but it gives a more tender curd than either of the other methods.) A little chipped olives or pimento may be added if desired. A dash of paprika or red pepper is good.

SPANISH BEANS

1 quart kidney beans—frijoles	$\frac{1}{4}$ lb. fat salt pork
1 pint strained tomato	1 tablespoon salt
1 chopped onion	1 chopped pepper
1 teaspoon paprika	

Soak beans over night, drain and cover with water. Parboil one-half to one hour. Drain. Put in earthen dish, add diced pork, strained tomato, seasoning, and water to cover. Cook 6 to 8 hours.

CORNBREAD STICKS

2 cups sour milk	3 cups corn meal
4 eggs	4 tablespoons shortening
2 teaspoons soda	2 teaspoons salt

Sift the dry ingredients together; beat the eggs. Add milk and dry ingredients. Lastly add melted butter. Heat stick pans smoking hot and grease; fill two-thirds full and bake 20 to 30 minutes in hot oven.

CHEESE FONDOU

$1\frac{1}{2}$ cups soft bread crumbs	$1\frac{1}{2}$ cups grated cheese
4 eggs	1 cup hot water
$\frac{1}{2}$ teaspoon salt	

Mix the water, bread crumbs, salt and cheese; add the yolks thoroughly beaten into this mixture, cut and fold in the whites of eggs beaten until stiff. Pour the mixture into a buttered baking dish, and bake in a moderate oven until the mixture is well risen, is delicately browned, and answers the omelet test. Serve at once.

DROP BISCUITS

2 cups flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	2 tablespoons fat
About $\frac{3}{4}$ cup milk or water	

Mix dry ingredients; then work the fat into the mixture by cutting in thoroughly with a knife. With a knife also mix the liquid with the dry ingredients. The mixture is of proper consistency, when it may be dropped from the spoon without spreading. Drop by spoonfuls on oiled pan. Bake in a hot oven from 12 to 15 minutes.

CORNBREAD

1 cup corn meal	1 teaspoon salt
1 cup flour	$1\frac{1}{2}$ cups milk
4 teaspoons baking powder	2 tablespoons Crisco
1 egg	

Mix and sift dry ingredients; add milk, fat, and beaten egg. Beat well, and pour in greased shallow pan or in muffin tins. Bake in hot oven for 25 minutes.

NUT BREAD

4 cups flour	4 teaspoons baking powder
1 cup sugar	$\frac{3}{4}$ cup walnuts
1 teaspoon salt	1 egg
2 cups milk	

Sift all dry ingredients together and add chopped nut-meats. Beat egg and add to milk. Stir into dry ingredients. Pour into greased pans and let stand 20 minutes. Bake in moderate oven for about 1 hour.

BAKED BEANS

2 cups navy beans	2 teaspoons salt
2 tablespoons molasses	2 oz. salt pork
$\frac{1}{2}$ teaspoon mustard	

Soak the beans overnight. Add a little baking soda and slowly heat to boiling point. Then add seasoning to beans. Add the pork which has been scraped and scarred, that is, cut gashes in it nearly to the rind. Bake in a slow oven from 6 to 12 hours. Keep the beans below the boiling point and keep covered with liquid.

BOSTON BROWN BREAD

1 cup sour milk	1 teaspoon soda
$\frac{1}{3}$ cup molasses	1 teaspoon salt
2 tablespoons fat melted	$\frac{1}{2}$ cup sugar
1 egg	2 cups graham flour
1 cup white flour	

Mix Graham and white flour and all other dry ingredients except soda. Add milk and then molasses, into which soda has been put. Beat egg and add to mixture. Add melted fat. Put in greased baking dish and bake in moderate oven two hours.

STUFFED PEPPERS

6 large green sweet peppers	$\frac{1}{2}$ cup milk
1 tablespoon chopped onion	2 tablespoons flour
1 cup canned corn	1 tablespoon butter
1 cup dry bread crumbs	1 egg

Parboil the peppers 10 minutes in 1 quart of water; cut in halves lengthwise, remove seeds, stuff, and arrange in pan. Cover with buttered crumbs. Bake in hot oven until brown. To prepare stuffing, make white sauce of milk, butter, flour, salt, onion, and one green pepper chopped fine. Add the canned corn and cook 5 minutes. Remove from fire and add beaten egg and bread crumbs sufficient to absorb excess moisture.

PARKER HOUSE ROLLS

1 cup scalded milk	1 teaspoon salt
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ yeast cake soaked in $\frac{1}{2}$
1 tablespoon sugar	cup lukewarm water
5 cups flour	

Soak yeast cake in lukewarm water, in which the sugar has been dissolved. Add butter to milk; when lukewarm, add softened yeast cake and about one and one-half cups of flour.

Beat thoroughly, cover and let rise until light. Cut down and add remaining flour. Let rise again, toss on slightly floured board, knead, pat, and roll to one-third inch thickness. Shape with biscuit cutter. Press over one-half of each piece with melted butter, fold, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven 12 to 15 minutes.

DATE NUT SANDWICHES

$\frac{1}{2}$ lb. dates
 $\frac{3}{4}$ cup nuts

4 tablespoons mayonnaise

Remove seeds from dates, chop fine, and mix with chopped nut meats. Mix with mayonnaise and spread on a slice of bread. Cream butter and spread on another piece of bread. Place these together and trim edges. Raisins may be substituted.

CLUB HOUSE SANDWICHES

Arrange on slices of bread thin slices of cooked bacon; cover with slices of cold roast chicken, and cover chicken with mayonnaise dressing. Cover with slice of bread.

SPONGE CAKE

6 egg yolks
 1 tablespoon lemon juice
 6 egg whites
 $\frac{1}{4}$ teaspoon salt

1 cup sugar
 Grated rind of one-half lemon
 1 cup flour

Beat yolks until thick and lemon-colored, add sugar gradually, and continue beating, using egg-beater. Add lemon juice, rind, and whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks, remove beater, and carefully cut and fold in flour mixed and sifted with salt. Bake one hour in a slow oven, in an angel cake pan or deep narrow pan.

Genuine sponge cake contains no rising properties, but is made light by the quantity of air beaten into both yolks and whites of eggs, and the expansion of that air in baking. It requires a slow oven. All so-called sponge cakes, which have the addition of soda and cream of tartar or baking powder, requires same oven temperature as butter cakes. When failures are made in sunshine and angel cakes, they are usually traced to baking in too slow an oven, and removing from oven before thoroughly cooked.

SUNSHINE CAKE

7 egg whites
 5 egg yolks
 $\frac{1}{2}$ teaspoon cream of tartar
 1 cup sugar

$\frac{2}{3}$ cup flour
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon flavoring

Beat whites. Add cream of tartar, well beaten yolks, sugar,

and lastly the flour. Mix on large platter or in shallow pan. Bake in moderate oven 40 to 50 minutes. Use stew pan.

CREAM PUFFS

$\frac{1}{2}$ cup butter	1 cup boiling water
1 cup and 2 tablespoons pastry flour	3 large eggs

Boil the water and butter together in a saucepan. Add the flour all at once, and stir until the mixture leaves the sides of the pan. Remove from the heat and cool for 5 minutes. Then stir in thoroughly one beaten egg at a time. Butter a baking sheet and set the mixture in rounds about two inches between them. Bake at a temperature of 400°—350° F. for 40 to 45 minutes. When cold, split the puffs on side and fill with English cream filling, cocoanut cream filling, or chocolate filling. The puffs may be filled with whipped cream seasoned to taste.

ENGLISH CREAM FILLING

2 cups milk	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup sugar	2 eggs or 4 yolks
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon vanilla	

Scald the milk, sift together the flour and one-half cup sugar and stir into the hot milk; stir constantly until the mixture thickens, and then occasionally, while cooking 10 or 12 minutes. Beat the eggs, add the one-fourth cup of sugar, and the salt, and beat. Stir this into the hot mixture. Cook, stirring constantly until the eggs have further thickened the mixture. Let cool, add flavoring, and use.

CHOCOLATE CREAM FILLING

1 oz. chocolate	2 tablespoons sugar
2 tablespoons water	1-16 teaspoon salt

Make a syrup of the above ingredients and add to the English cream filling mixture.

UNUSUAL LUNCHEON DISHES

FRIED POLENTA

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ cup grated cheese
2 cups water	1 cup tomato sauce
$\frac{1}{2}$ teaspoon salt	3 tablespoons fat for sauteing
$\frac{1}{8}$ teaspoon cayenne or paprika	

Cook the corn meal in salted water, put the meal into cold water, and cook over the flame until the boiling point is reached; then cook over hot water 1 hour. Stir the grated cheese into the mush, add paprika, and turn into mold. Cool until sufficiently firm to slice. Cut into thin strips and sauté.

TOMATO SAUCE

1 pint canned tomatoes	1½ tablespoons flour
3 slices onion	¼ teaspoon salt
4 tablespoons fat (butter)	½ teaspoon pepper

Heat tomatoes with onion, strain, thicken by adding flour and butter which has been rubbed to a paste, add salt and pepper, and cook until mixture thickens.

HOMINY FRITTERS

1 pint hominy mush	1 small onion
$\frac{2}{3}$ cup stale crumbs	2 tablespoons chopped parsley
$\frac{1}{2}$ cup milk	1 teaspoon salt
2 eggs	$\frac{1}{8}$ teaspoon pepper

Add to the mush the crumbs, beaten eggs, and enough milk to make a stiff paste (omit part of milk if mush is moist). Stir into this mixture the seasonings and fry in hot fat until brown. Drop by spoonfuls into the fat. One-half cup of cheese may be added if desired.

BEAN LOAF

2 cups dried lima beans	2 teaspoons salt
1 cup dry bread crumbs	$\frac{1}{4}$ teaspoon pepper
4 tablespoons peanut butter	1 cup rice stock or other liquid
1 tablespoon bacon fat	1 tablespoon celery leaves or seed
2 tablespoons grated onion	

Wash, soak, and cook beans 45 to 60 minutes. Drain; when cool, chop coarsely and add crumbs and all other ingredients. Put into greased bread pan and bake in a moderate oven 30 minutes.

OYSTER AND MACARONI CROQUETTES

$\frac{1}{2}$ cup macaroni $\frac{1}{2}$ in. pieces	$\frac{1}{4}$ cup grated cheese
1 pint oysters	$\frac{1}{2}$ teaspoon lemon juice
1 cup thick white sauce	$\frac{1}{8}$ teaspoon cayenne or paprika

Cook macaroni until soft, and drain. Clean and heat oysters cut into pieces if preferred. Use one-half cup oyster liquor and

one-half cup milk with three tablespoons butter and three tablespoons of flour to make white sauce. Mix all ingredients together and cool the mixture. Shape croquettes; dip in crumbs, in egg, and in crumbs again. Fry in deep fat.

PEANUTS AND RICE

$\frac{1}{2}$ cup uncooked rice	White sauce:
$1\frac{1}{2}$ cups white sauce	1 cup milk
$\frac{3}{4}$ cup chopped peanuts	2 tablespoons fat
	2 tablespoons flour

Cook rice in boiling salted water, keeping grains separate. Drain and put into buttered baking dish; add white sauce and peanuts and heat in moderate oven 20 minutes.

RICE CROQUETTES

Wash rice and add it to water with salt; cover and steam until rice has absorbed water. Then add milk, stir slightly with a fork, cover, and steam until rice is soft. Remove from fire and add egg yolk and butter. Spread out to cool. Shape in bales; roll in crumbs, then dip in egg, and again in crumbs, fry in deep fat, and drain. This is a good way to use rice that has been left over from some other meal.

CHEESE SOUFFLÉ

2 tablespoons butter	$\frac{1}{4}$ cup cheese
3 tablespoons flour	Cayenne pepper
$\frac{1}{2}$ cup scalded milk	3 eggs
$\frac{1}{2}$ teaspoon salt	

Melt butter and add flour; when they are well mixed, add scalded milk. Then add salt, cayenne, and cheese. Remove from fire, and add yolks of eggs that have been beaten until thick. Cool mixture, then cut and fold in whites of eggs that have been beaten until dry. Pour into a buttered baking dish and bake 20 minutes. Serve at once.

MACARONI AND CHEESE

1 cup macaroni	1 cup cheese
$1\frac{1}{2}$ cups medium white sauce	2 cups buttered bread crumbs

Break macaroni into one-inch pieces. Cook in a large quantity of boiling salted water; when it is tender, pour off the water in which it was cooked. Make the sauce, using half milk and half

"macaroni water" for the liquid; then add the cheese and macaroni to it. Pour into a buttered baking dish. Cover with buttered crumbs and bake until brown.

FRUIT SOUFFLÉ

$\frac{3}{4}$ cup fruit pulp	3 egg whites
$\frac{1}{4}$ cup sugar	

Prunes or apricots are used. Stew dried fruits and rub through sieve. Bake in buttered molds or in a pudding dish in a slow oven until egg is firm.

COMPOTE OF GREEN GAGES

$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ lbs. green gages fresh or 1
1 pint water	can

Boil the sugar and water 15 minutes. Put into this syrup the green gages. Simmer gently 20 minutes; do not allow fruit to break. Cool and place plums in a glass dish. Pour syrup over fruit.

SHRIMP WIGGLE

$1\frac{1}{2}$ cups milk	1 can peas
4 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 can shrimp	

Make a white sauce of milk, flour, and butter; add shrimp broken into pieces and peas drained and rinsed. Heat entire mixture to boiling point. Serve very hot.

COFFEE BREAD

2 cups milk	1 yeast cake, soaked in $\frac{1}{4}$ cup
$\frac{1}{4}$ cup butter	lukewarm water
$\frac{1}{4}$ cup sugar	2 eggs
2 teaspoons salt	1 cup chopped raisins
4 cups flour	

Scald milk and add butter, sugar, and salt while milk is hot. When cooled to lukewarm temperature, add yeast cake and beaten eggs, with 2 cups flour to make a sponge. Beat thoroughly and set aside until the yeast has begun to work. When mixture is filled with bubbles of gas, add 2 cups of flour and raisins. Beat well and set aside to rise. When it is double in bulk, beat again thoroughly and fill into bread pans. The pans should be one-third

full. Let rise until the dough again doubles its bulk. Bake in a hot oven. As soon as done, remove from the oven and spread with the following mixture: Two tablespoons sugar, 1 tablespoon cinnamon, 2 tablespoons melted butter. If it is baked in a shallow pan, 15-20 minutes will be sufficient; if in the regular bread pan, 35-40 minutes will be required. As soon as the bread is removed from oven, frost with an icing made from one-half cup powdered sugar and 2 tablespoons boiling water.

DUTCH POTATOES

5 medium-sized potatoes
3 onions
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

White sauce:
2 cups milk
2 tablespoons flour
2 tablespoons butter

Wash and peel potatoes and onions. Slice into buttered baking dish. Season with salt and pepper and add white sauce; water may be substituted for milk. Cook in moderate oven 45 minutes.

TOMATO AND COTTAGE CHEESE SALAD

Peel five medium-sized tomatoes and chill; scoop out a small quantity of pulp from center of each. Fill cavities, using cheese moistened with French dressing. Arrange on lettuce leaves and serve with French dressing.

WALDORF SALAD

Mix equal quantities of finely cut apples and celery and moisten with mayonnaise dressing. Garnish with curled celery and canned pimientos. Serve on lettuce leaf. An attractive way to serve this salad is to remove tops of red apples, scrape out inside pulp, and fill with diced apples and celery. Place on lettuce leaf and serve.

BANANA SALAD

Remove skin from each of five bananas. Scrape and cut in halves. Then cut lengthwise. Arrange on a leaf of lettuce and serve with mayonnaise or boiled dressing.

GRAPEFRUIT SALAD

Allow one-half a grapefruit for each serving. Peel the grapefruit whole and remove all the white covering. Divide into quar-

ters and remove the partitions dividing the segments. Try to keep segments whole. Arrange four or five segments on hearts of lettuce leaves. Just before serving, add two tablespoons of French dressing.

“The Best Dinner Salad and the Most Attractive.”

DINNER RECIPES

Meat soups are valuable in the menu, not because of their great nutritive value, but for the purpose of stimulating the appetite. They also add variety to our meals and they make an attractive beginning to a meal where no meat is served. Meat soups contain extractives which give flavor, mineral matter in small quantities, soluble protein and gelatine—with fat in varying amounts, but this is usually removed before serving. For soup-making the much-used muscles are best. They contain more juice and are cheaper than those portions which are tender cuts. Every kind of meat may be used alone or in combination. If one has scraps and trimmings, it is not necessary to purchase meat for soup.

CONSOMMÉ

3 lbs. beef (poorer part of round)	$\frac{1}{2}$ bay leaf
3 lbs. knuckle of veal	1 lb. marrow bone
$\frac{1}{3}$ cup each of carrot, turnip, and celery	1 qt. chicken stock
3 quarts cold water	$\frac{1}{3}$ cup sliced onion
1 teaspoon salt	2 tablespoons butter
4 cloves	1 teaspoon pepper corns
2 sprigs parsley	2 sprigs thyme
	1 sprig marjoram

Cut beef into one and one-half inch cubes and brown half of it in some marrow from marrow bone. Put other half into kettle with cold water. Add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling point; then let simmer 3 hours, removing scum as it forms. Add chicken stock and simmer 2 hours. Cook carrot, turnip, onion, and celery in broth 5 minutes. Then add to soup with remaining seasoning. Cook one and one-half hours. Strain. Cool quickly, remove fat, and clear.

Soup stock is made by extracting from meat or chicken all the mineral matter and the juices known as extractives, because they

give flavor, fat, and gelatine with a small amount of soluble protein. The gelatine, which is a valuable ingredient, is derived from the bones and connective tissues; hence the value of bones. The bones which contain marrow fat are sold in the market as soup bones; this marrow fat should be used in the soup stock.

Meat for soup should be cut up into fine pieces to expose as large a surface as possible. It should be salted and allowed to stand an hour or more before heating, as salt draws out the juices. It is best to heat slowly and cook mostly below the boiling point, but it must be brought to boiling temperature in order to dissolve out the gelatine.

Soup stock may be used as a basis for any number of kinds of soups and improves the flavor of all foods to which it is added. It may be used also in meat pies and scalloped dishes. When seasoned and chilled, if served in summer, it makes an interesting variation.

SOUTHERN POT PORK ROAST

2 lbs. roast
1 onion (sliced)

2 cups canned tomatoes
salt and pepper

Fry out the trimmings in a pan suitable for the roast. Remove cracklings and all fat, but two tablespoonfuls. Brown slowly. Add onion. Brown slightly; then add tomatoes. Season the meat with salt and pepper. Cook in a fireless cooker.

BREADED VEAL CHOPS

Remove skins and dip chops first in beaten egg, to which a few tablespoons of milk and a pinch of salt have been added and then in bread crumbs. Place in a hot frying pan containing a small amount of bacon drippings or other fat. Cook until well browned on both sides. Reduce the heat, cover pan very tightly, and cook slowly until tender. Serve with tomato sauce.

TOMATO SAUCE

1 can tomatoes
1 sliced onion
pepper

3 tablespoons fat
3 tablespoons flour
1 teaspoon salt

Cook onion with tomatoes and run through a strainer. Mix flour and melted fat. Add tomato juice and cook for five minutes. Pour this over the breaded veal.

ROAST BEEF

3 to 6 lbs. round pot roast salt and pepper

Wash off roast and season with salt and pepper. Put in a hot pan and cook quickly directly over the stove until the roast has turned brown. This is done to keep the juices in the meat. Put in a fireless cooker boiler and cover with water. Put in fireless cooker and let cook for three hours or two hours in oven.

BOILED HAM WITH VEGETABLES

1 ham end	1 rutabaga (medium size)
4 carrots	1 onion
4 potatoes (medium size)	1 cabbage (small)

If ham is very salty, soak in cold water for 3 or 4 hours; then drain and scrape or trim off any blemishes. Boil from 1 to 2 hours or until it begins to be tender. Clean the vegetables. Cut rutabagas into fourths and carrots into halves, slice the onion, and put them all into the boiling stock. Let the mixture cook 20 minutes. Then put in the potatoes and cabbage. If cabbage is old, put it in with the other vegetables. Cut it in large pieces and lay it on the top. When vegetables are tender, arrange them about meat on a platter.

SALT PORK

To freshen salt pork cut pork into thin slices, place in a frying pan, cover with cold water and set pan back on a stove where water will come slowly to boiling point, then drain; if the pork is not fresh enough, change water and repeat heating. Drop into cold water.

1. SALT PORK—SAUTÉD NO. 1

After the pork has been freshened, as directed above, wipe off water, place in hot frying pan, and turn often until browned and nearly crisp. Lift meat from fat. Serve on hot platter.

2. SALT PORK—SAUTÉD NO. 2

After pork has been freshened as directed above, place a little fat in hot frying pan, roll the cold wet pork in flour, and carefully lay it in the pan. When flour begins to brown, turn over the slices, cook until crisp and nicely browned. Lift out of fat and serve on hot platter.

3. SALT PORK—SAUTÉD NO. 3

After pork is freshened, wipe off water. Cut into pieces about 2 inches long. Sauté until nearly done. Remove from the fat. Dip into a batter made of one egg, one-half cup of milk and one-third cup flour and return the pieces to the pan. Let cook until the batter is slightly browned. Turn once. Lift from the fat and serve at once on a hot platter.

STUFFED PORK TENDERLOIN

2 pork tenderloins	$\frac{1}{2}$ teaspoon salt
2 cups bread crumbs	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup melted butter	$\frac{1}{2}$ teaspoon onion juice
4 leaves of sage	

Split the tenderloins lengthwise and flatten out. Make a dressing of crumbs, butter, and seasonings, adding a small amount of hot water if the crumbs are very dry. Use this as a stuffing for the tenderloins, roll, and tie with a string. Bake 1 hour in a moderate oven, basting frequently with hot fat (eight to ten servings).

BAKED PORK CHOPS WITH TOMATOES

6 good size pork chops	2 teaspoons salt
$1\frac{1}{2}$ cups sliced onions	$\frac{1}{8}$ teaspoon pepper
1 cup water	1 pt. canned tomatoes

Flour the chops, and sauté them until slightly browned; brown the onions in the pork fat. Cover chops with the onion, pour in the water, put on the lid, and simmer for half an hour. Add the tomatoes and bake 30 minutes more in a moderate oven.

SAUSAGE WITH FRIED APPLES

1 lb. sausage	6 apples
hot water	6 tablespoons sugar

Form sausage into small cakes. Put into frying pan and pour in boiling water. Cook 10 minutes, drain, return to frying pan, and cook until evenly browned.

Pare, core, and cut tart apples in eighths and sauté until well browned in sausage fat. Sprinkle lightly with sugar, stew, and turn apples to brown evenly. Serve sausage on hot platter surrounded with apples.

BROILED PIGS' FEET

Cook pigs' feet until tender; cut lengthwise in halves. Brush with melted butter, sprinkle with salt and pepper, and cover with fine cracker crumbs. Broil under gas flame or over flaming coals, turning often. Garnish with parsley.

SWEETBREADS

METHODS OF SERVING

GENERAL METHOD OF PREPARING

I. METHODS OF SERVING

1. *En casserole*.
2. Creamed with mushrooms.
3. Salad.
4. Fried as oysters are fried.

II. GENERAL METHOD OF PREPARING

Wash, place in a dish, and cover with cold water, adding juice of one-half lemon or one tablespoonful of vinegar; let stand for two hours. Remove, wash again, place in saucepan, and cover with cold water. Bring to boil and simmer slowly for 20 minutes. Blanch under cold running water; pat dry and set aside to chill.

III. RECIPES FOR SWEETBREADS

SWEETBREADS *ÉN CASSEROLE*

Prepare sweetbreads as directed above. Remove all membrane and trim carefully. Pour over sweetbreads melted butter or suet. Place sufficient slices of cooked sweet potato in buttered baking pan to cover bottom and cover with a layer of prepared sweetbreads. Place slices of bacon on top of sweetbreads and bake in a hot oven 12 to 15 minutes.

SWEETBREADS CREAMED WITH MUSHROOMS

Prepare sweetbreads as directed. Remove all membrane and cut in one-half inch cubes. Make a white sauce of:

2 cups of milk
2 tablespoons butter

2 tablespoons flour

Add for seasoning:

$\frac{1}{4}$ cup green pepper	1 tablespoon onion juice
$\frac{1}{2}$ cup mushrooms	1 teaspoon salt
$\frac{1}{2}$ teaspoon paprika	juice of 1 lemon

Heat all together until boiling point is reached. Serve on toast. Asparagus may be used in place of mushrooms.

SWEETBREAD SALAD

Cook sweetbreads as directed. Be sure to add the vinegar, which improves the color and makes the salad more attractive. Cut sweetbreads in one-half inch cubes and add one cup diced celery. Season with salt and pepper and serve on crisp lettuce leaves or shredded cabbage with cooked salad dressing (see page 66).

FRIED SWEETBREADS

Prepare as directed above, but do not remove membrane which holds meat together. Cool and slice in pieces about one-half inch thick. Roll in egg and bread crumbs and fry in deep fat or sauté in bacon fat. When browned well, they will be sufficiently cooked.

MEAT LOAF

$1\frac{1}{2}$ lbs. meat (veal) ground	2 tablespoons lemon juice
1 cup bread crumbs	1 tablespoon salt
1 tablespoon onion juice	1 teaspoon pepper
1 green pepper	$\frac{1}{2}$ lb. salt pork ground

Chop the meat finely, or force through a meat chopper. Add the other ingredients. Pack in a baking dish, brush top with egg-white slightly beaten; and bake slowly for three hours. Cool slightly, remove from dish, cut in slices, and serve.

CHICKEN EN CASSEROLE

Disjoint a young chicken and sauté in butter. Roll chicken in flour and put into casserole. Add 2 cups stock or water with 4 tablespoons butter. Cover and cook in hot oven $1\frac{1}{2}$ to 2 hours. Potatoes may be sautéed in frying pan and added to casserole one-half hour before chicken is done. Other vegetables may be added or mushrooms browned.

ROAST CHICKEN

Dress, clean, stuff, and truss chicken. Place on its back on rack in dripping pan. Rub entire surface with salt; spread breast and legs with three tablespoons of butter rubbed until creamy and mixed with 2 tablespoons of flour. Dredge bottom of pan with flour. Place in a hot oven; when flour is well browned, reduce the heat, then baste. Continue basting every 10 minutes until chicken is cooked. For basting, use one-four cup butter melted in three-fourths cup of boiling water. Turn chicken frequently so that it may brown evenly. When breast meat is tender, bird is sufficiently cooked. A four-pound chicken requires about one and one-half hours.

GRAVY

Pour off liquid from pan in which chicken has been roasted. From liquid skim 4 tablespoons of fat; return fat to pan and brown with 4 tablespoons of flour. Add 2 cups of stock in which giblets, neck, and tips of wings have been cooked. Cook for five minutes and season with salt and pepper.

BROILED CHICKEN

Clean and draw a young chicken. Split in half or cut into four pieces. Place in baking pan and cook in hot oven 20 to 30 minutes, basting frequently with melted butter seasoned with onion, parsley, and lemon juice. When it is almost done, place on broiler, turning frequently. Remove to a hot platter. Spread with creamed butter, salt, and paprika. Serve with sweet potatoes, prepared as follows:

Parboil potatoes and slice lengthwise. Fasten slices of each potato together with skewers. Brush surface with butter and sugar if desired. Bake in a hot oven, basting occasionally with melted butter.

MEAT STEW WITH DUMPLINGS

1½ lbs. meat or chicken with
bones

1½ cups potatoes

Cook meat until tender in plenty of water. One-half hour before serving add potatoes, and 20 minutes before serving put in

dumplings made from emergency biscuit dough. Cook 20 minutes in covered kettle and serve at once.

SOUR BEEF

Take a piece of beef from the rump or lower round and cover with vinegar or with half-and-half mixture of vinegar and water. Add sliced onion, bay leaves, a few mixed whole spices, and salt. Allow to stand a week in winter or a day or two in summer. Turn once a day and keep covered. When it is ready to cook, brown the meat in fat, using an enameled iron pan. Strain the liquid over it and cook until tender. Thicken gravy with flour or ginger snaps (which may be broken up), strain it, and pour it over the sliced meat. Some cooks add cream.

TONGUE WITH SAUCE

1 medium-sized tongue	2 tablespoons kitchen
salt	bouquet
boiling water	1 bay leaf
1 cup sugar	$\frac{1}{2}$ doz. cloves
1 onion sliced	($\frac{1}{2}$ box raisins may be added)
2 tablespoons vinegar	

Simmer tongue in boiling salted water for 2 hours.

Skim and continue to simmer in a sauce made as follows:

Melt 1 cup sugar in iron skillet. When it is melted, add one cup boiling water in which tongue is cooked and seasonings are included.

BAKED FISH

Clean and wash a large fish; remove head and tail. Sprinkle salt on inside and outside of fish and fill with stuffing. Close edges of fish by holding them together and thrusting toothpicks across opening; then fasten opening by "lacing" string around toothpicks. Put on a baking rack or on buttered muslin placed over baking dish and bake for 15 minutes for each pound of fish or until fish separates from bones. Serve with tartar sauce.

CORN MEAL STUFFING FOR FISH

1 cup cracker crumbs or	$\frac{1}{4}$ cup boiling water
1 cup cornbread crumbled	salt and pepper
powdered sage	

Melt butter in water, and pour it over crackers to which seasonings have been added.

STUFFING FOR FISH

1 cup bread crumbs	1 teaspoon scraped onion
$\frac{1}{4}$ teaspoon pepper	1 teaspoon parsley
$\frac{1}{4}$ teaspoon salt	1 teaspoon pickles
cayenne	2 tablespoons fat

Mix ingredients in order given.

SALMON LOAF

Line baking dish that has been slightly buttered with bread crumbs. Fill the center with salmon that has been flaked, seasoned with salt and pepper, and mixed with two eggs well beaten.

TARTAR SAUCE

1 tablespoon vinegar	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon juice	$\frac{1}{3}$ cup butter
1 teaspoon Worcestershire sauce	

Mix vinegar, lemon juice, and Worcestershire sauce in a small

OYSTER STEW

2 cups milk (scalded)	2 cups oysters
1 cup oyster liquor	1 tablespoon butter
$\frac{1}{8}$ teaspoon white pepper	salt to taste

Pick over the oysters and then wash in a strainer set in a bowl of water, removing any adhering pieces of shell. Heat the oyster liquor; then add the oysters, and cook until the edges curl. This requires only a few minutes. Add the hot milk, butter, and seasoning. Serve at once. Oysters become tough if not served immediately or if over-cooked.

TO CLEAN OYSTERS

Drain off the liquor. If the liquor is to be used, strain it through a fine strainer or colander, and wash the oysters. Do not allow them to stand in water after washing them. Run each oyster through the fingers to remove pieces of shell that may be clinging to it.

VEGETABLES

BOILED POTATOES

Select potatoes that are smooth and of uniform size and wash them. Cook them in boiling salted water until tender. Allow 1 teaspoon salt to each 1 quart water, using enough water to cover well. When they are done, drain off the water and let stand uncovered in a warm place until served. Serve hot.

A well cooked boiled potato is mealy and dry.

STEAMED POTATOES

Prepare potatoes as for boiling. Place in steamer over boiling water and steam until tender when pierced with a fork. Remove from over the boiling water, pierce and let dry a few minutes in a hot oven.

MASHED POTATOES.

Select small potatoes; if potatoes are large, cut them up in rather small pieces in order to shorten the time of cooking. Steam or boil until thoroughly cooked. Drain and shake in pan over fire to dry them out. Mash thoroughly, making sure there are no lumps. Season with salt and butter. To one quart of potatoes use 1 teaspoon of salt and 1 tablespoon of butter; add one-half cup of milk or cream. Beat thoroughly to make potatoes creamy, smooth, and fluffy.

Add milk gradually, because it is not possible to state the exact amount which will give the proper consistency. Too much milk makes the potatoes too soft and mushy. Too little milk makes the potatoes too dry and stiff. Good mashed potatoes are rather difficult to secure; so one must use judgment and care in their preparation.

BAKED POTATOES

Select smooth, medium-sized potatoes. Wash with a vegetable brush and place on a tin. Bake in hot oven 40 minutes or until under test with a fork; if it withdraws easily, the potatoes are done. Remove from oven, and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than

potatoes cooked in any other way, as some of the starch is changed to dextrin by the intense heat. They are better cooked in boiling water than baked in a slow oven. A potato well baked is mealy and dry.

POTATOES ON THE HALF SHELL

Allow one medium-sized potato for each serving, or, if very large, one-half a potato. Bake without burning skins.

As soon as potatoes are soft, cut open; if potatoes are medium size, remove a slice from one side, leaving skin intact; if potatoes are large, cut through center of the small circumference. Remove the contents, mash thoroughly, and season with salt, butter, milk, or cream, and pepper, if desired.

Allow one-half tablespoon of butter and 1 tablespoon of milk for each serving. Beat over fire until very light. Refill the skins, piling up irregularly. Brown in oven and serve very hot.

POTATOES STUFFED WITH BACON

From one end cut a thin slice so potatoes will stand. From top cut thicker slice for cover. With apple corer push down through almost to bottom. Remove core and fill space with bacon in small pieces. Bake in hot oven.

SCALLOPED POTATOES

5 medium-sized potatoes	3 cups milk
2 teaspoons salt	1 small onion
3 tablespoons butter	1 tablespoon parsley
2 tablespoons flour	

Peel and slice potatoes and arrange in bottom of a baking dish, previously buttered. Add seasonings and sprinkle slightly with flour. Continue placing potatoes and seasonings in layers until the dish is full. Pour the milk over the whole and cook in a moderate oven from 45 to 60 minutes.

BROWNED POTATOES

Try out fat from one-fourth pound of suet and put into small dripping pan. Select small potatoes of uniform size, peel, and parboil 10 minutes. Remove to dripping pan and bake in moderate oven until soft. This will require about 30 minutes.

SARATOGA CHIPS

Irish potatoes
salt

2 quarts of fat for frying

Wash and pare potatoes. Slice thin as paper. Put into a bowl of ice cold water. Let stand until crisp and until edges are curled. Take from cold water and dry between towels. Fry in hot deep fat until light brown, keeping motion with a skimmer. Drain on brown paper and sprinkle with salt.

FRENCH FRIED POTATOES

Irish potatoes, small
salt

2 quarts of fat for frying

Wash and pare small potatoes; cut in eighths lengthwise; and soak in ice water until crisp and brittle. Take from water, dry between towels, and fry immediately in deep fat. Drain on brown paper and sprinkle with salt.

SWEET POTATOES BOILED

Wash potatoes, pare as thin as possible; cook in boiling water for about 20 minutes or until soft. Drain and dry in oven or on back of stove. Serve hot.

RICED SWEET POTATOES

Boil sweet potatoes, run through through a potato ricer, and serve hot.

SWEET POTATOES BAKED WITH ROAST PORK OR BEEF

Pare medium-sized potatoes and prepare as for boiled potatoes. Boil for ten minutes; drain; cut in quarters or less, arrange around the roast and bake about 40 minutes, basting often with gray. Serve hot with roast on same platter.

SWEET POTATOES BAKED IN SKINS

Select potatoes of uniform size; wash and scrub them with a brush until absolutely clean. Trim ends off if necessary. Place in a pan and bake in slow oven until soft. Break the skins to allow the steam to escape. Serve hot.

SWEET POTATO CROQUETTES

Mash smooth or put through a ricer enough boiled sweet potatoes to make 2 cups. Season with one-half cup of cream, one-fourth cup sugar, 1 well beaten egg, 1 tablespoon butter, grated rind of one-half lemon, one-fourth teaspoonful salt. These should be added while potatoes are hot; then the bowl containing the mixture should be placed in hot water until mixture is thick enough to form into balls. Press the center of each ball with a stoned date, a strip of dried fig, or a bit of jelly or preserve. Roll into cylinders; flatten the ends; roll in bread crumbs; dip in beaten eggs; roll again in bread crumbs and fry in deep fat.

STUFFED SWEET POTATOES

5 sweet potatoes of uniform
size

1 cup or less of left-over
pork or beef roast
chopped fine

Prepare potatoes as for baking and bake until soft. Cut in half and scoop the inside out, being careful not to tear skin; mash and mix with meat and put back in skins. Brush tops with melted butter and brown in oven.

SWEET POTATOES ÉN SURPRISE

For this dish use the croquette mixture, omitting the nut-meats. Take one tablespoonful and mold it flat in the hand—about one-half inch thick. Drop in the center some chopped chicken, mushrooms, etc. Mold into a ball, continue as for croquettes, and fry in deep fat.

NUT AND SWEET POTATO CROQUETTES

2 cups hot riced potatoes
 $\frac{1}{4}$ cup cream or milk
 $\frac{1}{2}$ tablespoon salt
 $\frac{1}{8}$ tablespoon pepper

sprinkle of cayenne
yolk of 1 egg
 $\frac{1}{3}$ cup chopped nut-meats

Mix all ingredients until light. Shape as for croquettes. Roll in bread crumbs, then in egg that has been diluted with water, and in bread crumbs again. Fry in deep fat until brown. Drain on brown paper and serve hot.

FRIED EGG PLANT

Pare egg plant and cut in very thin slices. Sprinkle with salt and let stand one hour. Dredge with flour and sauté slowly in fat until crisp and brown. (Egg plant is in season from August to February.)

BLACK-EYED PEAS

Select well filled peas with rich green pods. Shell, wash, and cook in boiling water until tender. Cook liquid down to one-half cupful or less and add 1 cup of thin cream (if milk is used, add 2 tablespoonfuls of butter) and 1 tablespoon of salt. The milk may be thickened with 1 tablespoon of flour, if desired. Two quarts of peas will be sufficient for a family of five or six.

SPINACH

Wash spinach in several waters to be sure that it is free from all sand. Put in a stewpan and let cook until tender. Drain thoroughly, chop finely, reheat, and season with butter, salt, and pepper. Mound on a serving dish and garnish with slices of "hard-cooked" eggs.

BOILED ONIONS

1 qt. young onions
 $\frac{1}{4}$ teaspoon salt
1 tablespoon flour

1 cup milk
2 tablespoons butter

Peel the onions under water. Cook in boiling salted water, changing water once or twice to remove strong odor. Cook uncovered until tender. Drain and add white sauce made of the milk and butter and flour. Keep hot for serving by placing stewpan in pan of hot water.

CORN Á LA SOUTHERN

To one can of chopped corn or 2 cups of fresh corn, add 2 eggs slightly beaten, 1 teaspoon of salt, one-eighth teaspoon of pepper, $1\frac{1}{2}$ teaspoons of melted butter, and 1 pint of scalded milk; turn into buttered dish, and bake in a slow oven until firm.

STRING BEANS

1 can beans
pepper

2 tablespoons butter
salt

Put butter, pepper, and salt in beans and cook until the mixture is hot.

NEW POTATOES AND STRING BEANS

Cover string beans with water and season with salt, pepper, and slices of bacon. When beans are soft, put in potatoes and cook until potatoes are soft.

CORN ON THE COB

Remove all silks from fresh corn. Cut ends off and put in pan of boiling salted water. Let boil until corn is tender. Serve hot with butter. Time required ten to twenty minutes.

ESCALLOPED CABBAGE

To boil cabbage, the outside leaves should be removed, the cabbage cut in quarters, and the tough stalk removed. Soak in cold water. Cook in an uncovered vessel in boiling salted water, to which is added one-fourth teaspoon of soda. This prevents disagreeable odors. Cook for 45 minutes or until soft. For escalloped cabbage, cut one-half boiled cabbage in pieces; put in buttered baking dish, sprinkle with salt and pepper, and add one cup of medium white sauce. Lift cabbage with fork so that it may be well mixed with sauce; cover with buttered crumbs, and bake until crumbs are brown.

CREAMED PEAS AND CARROTS

1 cup diced carrots
2 cups of peas

1 cup medium white sauce

Cover carrots in water and let boil until they are tender. Mix carrots and peas, pour in white sauce, and heat.

WHITE SAUCE (MEDIUM)

2 tablespoons butter
3 tablespoons flour
pepper

1 cup milk
 $\frac{1}{2}$ teaspoon salt

Put butter in saucepan, stir until melted, add flour mixed with seasonings, and stir until well blended; then pour in the milk and stir constantly. Let come to a boil and boil for 2 minutes.

CREAMED CELERY

Wash, scrape, and cut stalks in one-inch pieces. Cook 20 minutes or until soft in boiling water. Drain and to 2 cups of celery add 1 cup of white sauce.

CREAMED CAULIFLOWER

Wash and cut in small pieces the cauliflower, cover with water, and let boil until tender. Serve with medium white sauce.

BOILED CABBAGE

Take off outside leaves, cut in quarters and cook in an uncovered vessel in boiling water until tender. Drain; season with butter, salt, and pepper. Serve hot.

CREAMED CABBAGE

Pour over a portion of drained boiled cabbage, prepared as above directed, a medium white sauce, using 1 cup of sauce to 3 cups of vegetable. Lift the cabbage carefully with a fork in order not to break it and in order to distribute the sauce over the cabbage. Serve hot in a hot dish.

BAKED TOMATOES

Wipe tomatoes and remove thin slice from the stem end of each tomato. Remove seeds and pulp, draining through a strainer.

To pulp add an equal quantity of cracker or bread crumbs, season with salt and pepper, and add a few drops of onion juice or, if preferred, celery salt. Fill the tomato shells with the mixture. Place in a buttered pan and bake 20 minutes in a hot oven.

SCALLOPED GREEN TOMATOES

Into the bottom of a buttered baking dish put a layer of stale bread crumbs; on this place a layer of sliced green tomatoes and add salt, pepper, bits of butter, and finely chopped onion, and 3 or 4 tablespoonfuls of sugar. Repeat the layer of crumbs and tomatoes until dish is full. It cooks down a great deal. Cover with layer of buttered crumbs. Cover with plate or tin lid and cook at least 1 hour. When juice begins to come over cover, take off lid and let crumbs brown.

BAKED ONIONS

Onions may be cooked *en casserole* or in baking pan. To prepare, peel onions and parboil 5 minutes. Drain and turn into buttered baking pan. Prepare white sauce with 2 cups milk, 2 tablespoonfuls flour, and 2 tablespoonfuls butter and cover onions previously salted. Bake in a moderate oven 30 to 40 minutes. Onions are best if of medium size and cooked whole.

LETTUCE

As soon as the lettuce comes, it should have the outside leaves broken off; wash the head or break the leaves apart and wash each leaf separately. Shake the water from the leaves and dry with a towel. Place in the refrigerator until time for serving.

LETTUCE GREENS

Outside leaves of lettuce make excellent greens. Wash and cook 10 minutes. Drain through a colander and season with salt and pepper and butter.

CABBAGE SLAW

$\frac{1}{2}$ cup vinegar	3 tablespoons sugar
1 cup sweet heavy cream	1 small head cabbage
1 teaspoon salt	pepper

Shave the cabbage very fine; place in a dish; season with salt and pepper. Stir the sugar into the vinegar until all is dissolved; then add the sweet cream gradually and stir thoroughly until the mixture thickens. Pour over the cabbage and serve at once.

ASPARAGUS

Cut off the tough portion of the asparagus stalk; remove the scales and wash thoroughly. Tie into bunches with white tape one-fourth to one-half inch wide. Stand bunches in a kettle of boiling salted water and cook 10 to 15 minutes. This allows the stalks to cook longer than the tips; then the bunches should be wholly covered with water and cooked 5 minutes. Drain off water and serve with melted butter.

OKRA

Okra must be young and tender and fresh to be satisfactory. Wash carefully and cut off stems even with pods. Cook in boiling salted water until tender. Drain and serve with melted butter.

OKRA SCALLOPED WITH TOMATOES

Cook okra in boiling water until tender. Drain and turn into buttered baking dish. Use equal parts of tomatoes and okra. The tomatoes may be fresh or canned. Season with salt, butter, and pepper and thicken by using 1 tablespoon of flour to 1 pint of tomatoes. Bake in moderate oven 15 to 20 minutes.

NEW BEETS

Wash thoroughly and cut off tops, leaving at least 1 inch of leaf stem. Leave roots also to prevent "bleeding." Cook in boiling water until tender. Drain off hot water. Cover with cold water and slip off the skins, which are easily removed.

Cut beets in quarters or small pieces and heat with vinegar, butter, salt, and pepper. A little sugar may be added, if desired.

SALADS

POTATO SALAD

Boil potatoes with jackets on. Cook until soft, but firm enough to hold together. Remove skins and cut potatoes into even pieces, cubes, or slices. Cut the onions into small pieces; peas, beans, cucumbers, or other vegetables may be added. Mix thoroughly, using any salad dressing preferred, but boiled dressing is recommended. Many prefer to add hard cooked eggs. If eggs are used, reserve five or six slices for top as a garnish.

4 potatoes	1 tablespoon parsley
1 or 2 onions	1 teaspoon salt
1 or 2 cucumbers	1 cup salad dressing

CHICKEN SALAD

Cook young hen until tender; 2 hours should be sufficient. Remove from broth and cool. Cut in small cubes, but do not

mince the meat. For each cup of meat add from one-half to 1 cup celery cut fine; marinate with French dressing and chill in ice box. Serve on lettuce, using chicken salad dressing.

FISH SALAD

Flake one small can of tuna; add celery cut up fine. Make boiled salad dressing, and mix 1 cup of thin dressing with fish. Place one leaf of crisp lettuce on cold plate. Put generous measure of salad mixture on this leaf. Add salad dressing just before serving.

FROZEN FRUIT SALAD

1 cup sliced pineapple	1 cup apricot pulp
1 cup diced oranges (cut in fourths)	2 tablespoons gelatine soaked in 3 tablespoons cold water
16 dates cut in sixths	1 cup whipped cream
2 cups mayonnaise	
12 marshmallows	

Melt gelatin over hot water. Beat in salad dressing. Add prepared fruit. When mixture is cold, add whipped cream and freeze.

TOMATO JELLY SALAD

1 qt. tomatoes stewed and strained	1 teaspoon salt
	1 teaspoon sugar
	gelatin

Measure juice, after straining. Allow 2 teaspoons gelatine to each cup. Soak gelatine in cold water 10 minutes; add to juice; bring to boiling point; pour into molds and chill.

Serve with mayonnaise or boiled dressing.

PINEAPPLE SALAD

Use equal amounts of sliced pineapple and apple with half that amount of dates, or strawberries in season. Serve.

TOMATO AND COTTAGE CHEESE SALAD

Peel five medium-sized tomatoes; chill and scoop out a small quantity of pulp from center of each. Fill cavities, using cheese moistened with French dressing. Arrange on lettuce leaves and serve with French dressing.

WALDORF SALAD

Mix equal quantities of finely cut apples and celery and moisten with mayonnaise dressing. Garnish with curled celery and canned pimientos. Serve on lettuce leaf. An attractive way to serve this salad is to remove tops from red apples, scrape out inside pulp, and fill with diced apples and celery. Place on lettuce leaf and serve.

BANANA SALAD

Remove skins from each of five bananas. Scrape and cut in halves. Then cut lengthwise. Arrange on a leaf of lettuce and serve with mayonnaise or boiled dressing.

FRUIT SALAD.

Dice apples, oranges, bananas, and grapes. Keep in a cool place. Just before serving mix with mayonnaise dressing, arrange on a lettuce leaf, and serve.

CORONADO SALAD

1 can tuna fish	cooked dressing
2 cups shredded cabbage	2 teaspoons tomato ketchup
1 green pepper cooked and shredded	

Flake fish; shred cabbage very fine; cut pepper in halves, remove seeds, cook in boiling water 10 minutes, and shred in inch lengths; arrange on lettuce, and dress with boiled dressing, to which the ketchup has been added. Garnish with parsley or pimento.

MEAT AND POTATO SALAD

1½ cups cooked meat cut fine	½ teaspoon salt
1½ cups cooked potato cut fine	2 tablespoons finely chopped pickle
½ cup celery cut fine	salad dressing

Mix in order given, cover with dressing, and garnish with sliced pickles and celery tops. White cabbage may be used in place of celery.

APPLE AND MINT SALAD

2 cups finely cut apple	few gratings of lemon rind
2 tablespoons chopped mint	4 tablespoons oil
2 tablespoons lemon juice	cayenne
1 head of lettuce	

Mix the mint, lemon juice, and rind; cover and let stand for half an hour; add oil and cayenne, and pour all over apple. Serve on lettuce leaf and garnish with sprigs of mint.

CRANBERRY SALAD

3 cups finely shredded white cabbage	$\frac{1}{2}$ cup finely shredded celery $\frac{1}{2}$ cup chopped cranberries
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Mix the cooked dressing with the above ingredients, and garnish with celery tops and whole cranberries.

SPANISH SALAD

1 head of lettuce	2 sliced pickles
2 cups half-inch cubes of bread	1 cucumber sliced
1 Spanish onion chopped fine	3 tomatoes quartered
	French dressing

Shred the coarser leaves of the lettuce, and arrange in salad bowl on heart of leaves; cover with bread cubes, sprinkle with onion, add cucumber and tomatoes, and pour French dressing over all.

Garnish with pickles.

FRENCH DRESSING

2 tablespoons vinegar or lemon juice	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	4 tablespoons olive oil
	$\frac{1}{4}$ teaspoon salt

Put ingredients into bowl; beat with Dover egg beater. Some prefer the addition of a few drops of onion juice. One tablespoon each of lemon and vinegar may be used. The acid may be increased or reduced to suit the need. French dressing is more easily prepared and more largely used than any other dressing.

MAYONNAISE DRESSING

2 egg yolks, 1 whole egg, or 2 whites	1 teaspoon salt
$1\frac{1}{2}$ cups Wesson oil	2 teaspoons vinegar or lemon
paprika or cayenne	1 teaspoon powdered sugar
	1 teaspoon mustard, if desired

To the egg add seasoning and beat thoroughly with Dover beater. Add all to the acid slowly. Add the oil, 1 teaspoon at

a time, beating between each spoonful. When the mixture begins to thicken, oil may be added faster. Additional oil may be needed for dressing made with egg white, because of the water found with the albumen of the white. Olive oil is thicker than Wesson oil and if used may require the addition of more acid.

BOILED DRESSING—WHITE SAUCE BASIS

$\frac{1}{2}$ cup milk	1 teaspoon mustard
$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
2 tablespoons sugar	1 egg
4 tablespoons butter	

Make a white sauce of milk, butter, flour, and seasonings. Add cold vinegar and stir until well blended. Remove sauce from the flame and add the beaten egg immediately. Stir until smooth and chill.

THOUSAND ISLAND DRESSING

2 tablespoons mayonnaise	2 tablespoons chili sauce
dressing	1 tablespoon catsup
1 tablespoon chopped onion	1 tablespoon vinegar
1 tablespoon Wesson oil	$\frac{1}{4}$ teaspoon paprika
1 teaspoon salt	

Mix ingredients in order given (reading from left to right). Heat thoroughly. A hard cooked egg chopped fine and chopped olives may be added.

SOUR CREAM SALAD DRESSING

1 cup cream	2 teaspoons flour
mix $\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
2 teaspoons mustard	$\frac{1}{4}$ cup vinegar
4 teaspoons sugar	1 egg well beaten

Scald vinegar and add to egg and cream. Cook until it thickens. Remove from fire and add dry ingredients.

CHICKEN SALAD DRESSING

$\frac{1}{2}$ cup stock	2 teaspoons mustard
$\frac{1}{2}$ cup vinegar	1 teaspoon salt
5 egg yolks	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup cream whipped	$\frac{1}{2}$ cup butter or olive oil

Combine ingredients except butter and cream. Cook and then add fat and cream.

COOKED DRESSING—CUSTARD BASIS

4 eggs or	1 teaspoon dry mustard
8 yolks	1 teaspoon salt
1 teaspoon sugar	2 tablespoons butter or olive
paprika	oil if desired (can use
1 cup cream whipped	up to $\frac{1}{2}$ cup)
4 tablespoons vinegar	

Beat the eggs thoroughly, white and yolks together, and place in double doiler. Scald (not boil) the vinegar; pour it on the eggs very slowly, and cook until the mixture thickens, stirring constantly to keep it cooking evenly. While it is hot, add the butter and seasonings. Let cool and add whipped cream.

This dressing will keep two weeks if placed in glass jar, covered and kept in cool place, and if the cream has not been added to it.

DESSERTS

STRAWBERRY SHORTCAKE

2 cups flour	2 teaspoons sugar
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
1 teaspoon salt	$\frac{1}{4}$ cup butter

Mix dry ingredients, sift twice, cut in butter with knife and fork, and add milk gradually. Toss on floured board and divide in two parts. Pat, roll out, and bake 12 minutes in hot oven in buttered layer cake tins. Split and spread with butter. Sweeten strawberries to taste; place them on back of range until warmed; crush slightly; put them between and on top of shortcakes; cover top with cream sauce.

CREAM SAUCE

$\frac{3}{4}$ cup thick cream	$\frac{1}{3}$ cup powdered sugar
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ teaspoon vanilla

Mix cream and milk and beat until stiff, using egg beater; add sugar and vanilla.

PEACH SHORTCAKE

2 cups flour	3 teaspoons baking powder
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup butter
2 eggs	

Mix and sift dry ingredients. Cream butter and sugar and add eggs well beaten. Add milk and flour alternately. Beat well. Bake in layer cake tins, 15 to 20 minutes. Use fresh or canned peaches for filling, putting peaches between layers and on top.

COLD DESSERTS

APRICOT ICE

1 can apricots	$\frac{1}{2}$ cup lemon juice
1 cup sugar	1 pt. cream

Drain apricots; then add to syrup the pulp rubbed through a sieve. Add sugar and lemon juice. Freeze to a mush; then fold in whip obtained from cream. Let stand one and one-half hours packed in ice.

GRAPE JUICE SHERBET

1 cup grape juice	2 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ pt. cream

To grape juice add sugar and lemon juice. Freeze to a mush and then fold in the whip obtained from cream. Pack in ice for one and one-half hours before serving.

MILK SHERBET

4 cups milk	$1\frac{1}{2}$ cups sugar
juice of 3 lemons	

Mix juice and sugar; stir constantly while slowly adding milk. If milk is added too rapidly, the mixture will have a curdled appearance, which is unsightly, but will not affect the quality of the sherbet. Freeze and serve.

CARAMEL ICE CREAM

1 pt. cream	1 egg
1 cup milk	1 tablespoon flour
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Mix flour, salt, egg slightly beaten, and milk slowly. Cook over hot water for 20 minutes, stirring constantly. Caramelize the sugar, pour in milk mixture, and cook for 10 minutes. When it is cool, add cream and flavoring; strain and freeze.

APPLE TAPIOCA

$\frac{1}{2}$ cup pearl tapioca	1 teaspoon salt
cold water	5 apples
$2\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ cup sugar

Soak tapioca 1 hour in cold water to cover; drain; add boiling water and salt; cook in double boiler until transparent. Core and pare apples; arrange in buttered baking dish. Fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with lemon sauce.

LEMON SAUCE

$\frac{3}{4}$ cup sugar	2 cups boiling water
2 tablespoons flour	1 lemon, juice and rind
1 tablespoon butter	

Mix sugar and flour thoroughly; then slowly add the boiling water. Cook 10 minutes. Add the lemon juice and rind, then the butter. Stir until the butter is melted; then the sauce will be ready to serve.

BAKED CUSTARD

4 cups scalded milk	$\frac{1}{2}$ cup sugar
4 eggs	$\frac{1}{4}$ teaspoon salt
nutmeg	

Beat eggs slightly, add sugar and salt, pour in slowly the scalded milk; strain in buttered mould and set in pan of hot water. Sprinkle with nutmeg and bake in slow oven until firm. Test by putting a knife in the edge; if the knife comes out clean, the custard is done. During the baking, care must be taken that the water surrounding custard does not boil, because milk and eggs in combination should cook at a very low temperature. Serve with caramel sauce.

FRUIT GELATINE

Soak a package of gelatine in lukewarm water. Pour over it a pint of boiling water. Pour a little into a mould; lay in slices of orange, a little more gelatine, and slices of banana until the mould is full. Serve with whipped cream or custard. Any fruit desired may be used.

SNOW PUDDING

$\frac{1}{4}$ box of gelatine	1 cup boiling water
$\frac{1}{4}$ cup cold water	1 cup sugar
whites of 3 eggs	4 tablespoons lemon juice

Soak gelatine in cold water; dissolve in boiling water; add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when thick, beat with wire spoon. Add whites of eggs beaten stiff, and continue beating until the mixture is thick enough to hold its shape. Mould and serve.

AMBROSIA

Place sliced oranges in the center of a dish. Sprinkle with sugar and then with one-fourth cup of cocoanut.

PRUNE WHIP

$\frac{1}{4}$ lb. prunes	$\frac{1}{2}$ cup sugar
whites of 4 eggs	$\frac{1}{2}$ tablespoon lemon juice

Pick over and wash prunes; soak several hours in cold water; cook in same water until soft. Remove stones and rub prunes through a strainer. Add sugar and cook 5 minutes. The mixture should be of the same consistency as marmalade. Beat whites of eggs until stiff. Add prunes.

CARAMEL CUSTARD

3 cups scalded milk	$\frac{1}{2}$ teaspoon salt
4 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Put sugar in omelet pan; stir constantly over hot part of stove. Add gradually to milk, being careful that milk does not bubble up and foam over, as is likely on account of high temperature of sugar. As soon as sugar is melted in milk, add flavoring, and then strain in buttered moulds. Bake in oven, keeping moulds surrounded by hot water. Be careful not to let sauce come to a boil.

CHOCOLATE PUDDING

$\frac{1}{4}$ cup butter	3 teaspoons baking powder
1 cup sugar	$1\frac{1}{3}$ sq. unsweetened chocolate
2 eggs	$\frac{1}{3}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon vanilla
$1\frac{1}{3}$ cups flour	

Cream the butter and add one-half the sugar gradually. Beat yolks of eggs until thick and lemon-colored, and add slowly remaining sugar. Combine mixtures; add milk alternately with flour mixed and sifted with baking powder and salt; add whites of eggs beaten until stiff, then the melted chocolate and vanilla. Bake in muffin tins until firm. Remove and serve with whipped cream.

PASTRY

2 cups flour
 $\frac{1}{2}$ cup shortening

$\frac{1}{4}$ teaspoon salt
 1 cup cold water

Sift flour and salt and add shortening. Rub in very lightly with tips of fingers or cut in with knives. Add cold water very slowly and work as little as possible. Divide in halves; roll out one part thin on a floured board and use for bottom crust. If the pie is to have a top crust, roll out the top crust after pie has been filled. Cover pie; press edges together, trim off pastry, and bake.

All materials should be cold. Handling is important; roll out with as little manipulation as possible. Roll forward only, not forward and back, and roll one side only for best results.

LEMON PIE

CRUST:

1 cup lard or Crisco
 $3\frac{1}{2}$ cups flour
 1 teaspoon salt
 1 cup water

FILLING:

1 cup sugar

$\frac{1}{2}$ pt. boiling water
 2 egg yolks
 1 grated lemon rind
 5 tablespoons corn starch
 1 tablespoon butter
 3 tablespoons lemon juice

Mix cornstarch with sugar and add boiling water and cook for 10 minutes. Cool slightly and add remaining ingredients. Heat thoroughly in double boiler. Bake crust on bottom of pie tin. Be sure to prick with fork to keep in place and preserve shape. Fill crust with cooked filling and cover with meringue.

MERINGUE

2 egg whites
 4 tablespoons powdered
 sugar

$\frac{1}{2}$ tablespoon lemon juice

Return pie to oven to brown and to set the egg. It must not be set too quickly.

CUSTARD PIE

2 eggs	$\frac{1}{2}$ teaspoon salt
3 tablespoons sugar	$1\frac{1}{2}$ cups milk
few grains of nutmeg	

Beat eggs slightly; add sugar, salt, and milk. Line pie pan with pastry and build up a fluted rim. Strain mixture and sprinkle with grated nutmeg. Bake in quick oven at first; decrease heat and cook slowly, because egg and milk in combination need to be cooked slowly.

APPLE PIE

4 sour apples	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon butter
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon lemon juice

Line pie plate with pastry. Pare, core, and cut apples into eighths; put in row around plate and work toward center until plate is covered; pile remainder on. Mix sugar, nutmeg, salt, and lemon juice, and sprinkle over apples. Dot with butter. Cover with upper crust and bake 40-45 minutes in a moderate oven.

DEWBERRY PIE

2 cups dewberries	2 tablespoons flour
sugar	

Crush dewberries; mix sugar and flour and add to dewberries. Cook until mixture is slightly thickened. Add enough sugar to sweeten; the amount depends on the ripeness of berries. Pour in pastry crust and let stand until firm.

CAKES AND COOKIES

STANDARD CAKE RECIPE

$\frac{3}{4}$ cup butter	4 teaspoons baking powder
2 cups sugar	$\frac{1}{2}$ teaspoon salt
4 eggs	1 teaspoon vanilla
3 cups flour	1 cup milk or water

Cream the butter and sugar and add yolks of eggs well beaten. Combine the dry ingredients and add alternately flour and liquid. Beat thoroughly and lastly add vanilla and fold in the stiffly beaten egg whites. Bake one hour for loaf cake and 30 to 40 minutes for layer cakes.

SPICE CAKE

To standard cake recipe add:

1 teaspoon cinnamon	1 teaspoon cloves
1 teaspoon ginger	1 teaspoon nutmeg

Use of water as liquid makes a very tender cake.

WHITE CAKE (VERY FINE)

1 cup butter	$\frac{1}{2}$ teaspoon salt
2 cups sugar	1 teaspoon vanilla
3 cups pastry flour	4 teaspoons baking powder
1 cup milk	8 egg whites

Cream butter and sugar; add baking powder and salt to flour, preferably pastry flour. Add liquid and flour alternately, then the flavoring; for sake of variety, use 1 teaspoon rose extract. The rose and vanilla make a delightful combination.

Bake cake in two square pans 30 to 40 minutes. The first 10 minutes cake should rise without browning; the second 10 minutes it should finish rising and begin to brown; the third 10 minutes it should finish cooking and shrink from the pan.

Any desired filling may be used—cocoanut, which makes attractive cake, raisin, or chocolate.

CHOCOLATE CAKE

Cook:	1 cup sugar
$\frac{3}{4}$ cup of Baker's Chocolate	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup sugar	2 eggs
$\frac{1}{2}$ cup milk	$2\frac{1}{2}$ cups flour
Cool	$2\frac{1}{2}$ teaspoons baking powder
Take:	1 teaspoon vanilla
$\frac{1}{2}$ cup butter	

Cream butter and sugar; add egg yolks, chocolate mixture, and alternately milk and flour, to which baking powder has been added. Mix thoroughly and beat mixture well. Add vanilla and fold in egg whites. Bake in two layers 30 to 40 minutes in hot oven.

CHOCOLATE FILLING

$2\frac{1}{2}$ squares unsweetened chocolate	1 cup powdered sugar
5 or 6 tablespoons milk	1 egg yolk
	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water; add sugar, milk, and egg yolk. Cook in double boiler until mixture thickens, stirring to make smooth mixture. Cool slightly, flavor, and spread.

CUP CAKES

$\frac{2}{3}$ cup butter	1 cup milk
2 cups sugar	$3\frac{1}{2}$ cups flour
4 eggs	2 teaspoons baking powder

Put butter and sugar in a bowl, and stir until well mixed; add eggs well beaten, then milk and flour mixed and sifted with baking powder. Bake in muffin tins and cover with confectioners' frosting.

CONFECTIONERS' FROSTING

2 tablespoons water	flavoring
Confectioners' sugar	

To liquid add enough sugar to make mixture of right consistency to spread, then add flavoring. Fresh fruit juice may be used in place of boiling water. This is a most excellent frosting and is easily and quickly made.

GOLD CAKE

Yolks left from making white cake may be used for cake to be eaten while warm with jelly or lemon sauce filling. It is delicious when fresh. Every woman likes to have something good, especially on baking day.

$\frac{3}{4}$ cup butter	5 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup milk	1 teaspoon orange extract
3 cups flour	6 egg yolks

Cream butter and sugar and beat egg yolks with Dover egg beater until thick and lemon-colored. Add salt and baking powder to flour which is sifted in alternately with liquid. Flavoring is added last. Bake in four shallow pans 15 to 25 minutes. Spread layers with jell or lemon filling and serve warm for lunch or supper.

VANILLA WAFERS

$\frac{1}{3}$ cup butter or Crisco	$\frac{1}{4}$ cup milk
1 egg	2 cups flour
1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	2 teaspoons vanilla

Cream the butter; add sugar, egg well beaten, milk and vanilla. Mix and sift dry ingredients and add to first mixture. Roll as quickly as possible. Cut and place together on a buttered sheet. Bake in a moderate oven.

NUT CAKE

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	1 cup chopped nuts
$\frac{3}{4}$ cup milk	4 egg whites (beaten dry)

Sift flour and baking powder together three times. Cream butter; add sugar and alternately the milk and flour mixtures. Add whites of eggs and nut-meats that have been sprinkled with flour. Bake for 30 or 40 minutes. When it is cold, cover with chocolate icing and decorate with whole nut-meats.

CHOCOLATE ICING

$1\frac{1}{2}$ squares chocolate	yolk of 1 egg
$\frac{1}{3}$ cup cream	$\frac{1}{2}$ teaspoon butter
vanilla	Confectioners' sugar

Melt chocolate over water; add cream gradually, salt, yolk of egg, and butter. Stir in confectioners' sugar until the right consistency to spread. Then add flavoring.

ANGEL CAKE

whites of 8 eggs	$\frac{3}{4}$ cup flour
1 teaspoon cream of tartar	$\frac{1}{4}$ teaspoon salt
1 cup sugar	$\frac{3}{4}$ teaspoon vanilla

Beat whites of eggs until frothy, add cream of tartar, and continue beating until eggs are stiff. Then add sugar gradually; fold in flour mixed with salt and sifted four times, and add vanilla. Bake 45 minutes or 50 minutes in an unbuttered angel cake pan. After cake has risen and begins to brown, cover with a buttered paper.

FRUIT COOKIES

$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup lard	3 well beaten eggs
1 teaspoon soda	1 teaspoon cinnamon
2 tablespoons warm water	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ teaspoon salt	1 cup seeded raisins
1 cup nuts	3 cups flour

Cream butter and lard. Add sugar gradually and eggs well beaten. Add soda dissolved in warm water and one-half the flour mixed and sifted with salt, cinnamon, and cloves; then add nut-meats, fruit, and remaining flour. Drop by spoonfuls one inch apart on a buttered sheet, and bake in a moderate oven.

OATMEAL COOKIES

1 cup sugar	2 cups flour
2 eggs	$\frac{1}{2}$ cup English walnuts
1 cup fat	$\frac{3}{4}$ cup water
$\frac{1}{2}$ lb. raisins	2 cups oatmeal
$\frac{1}{2}$ teaspoon soda	

Cream sugar and fat, add eggs and water, oatmeal, flour, the nuts, and raisins that have been sprinkled with flour. Beat vigorously. Drop on greased baking sheets. Bake in a moderate oven.

MARGUERITES

$\frac{3}{4}$ cup sugar	1 tablespoon shredded
$\frac{1}{4}$ cup water	cocoanut
white of 1 egg	$\frac{1}{8}$ teaspoon vanilla
saltines	$\frac{1}{2}$ cup English walnut meats

Boil sugar and water until a syrup will thread. Pour it on to whites of eggs beaten until stiff. Add cocoanut, vanilla, and nuts. Spread saltines with mixture and bake until delicately browned.

HERMITS

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup butter
2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup chopped raisins	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{4}$ teaspoon soda	$\frac{1}{2}$ teaspoon cloves
a little citron	enough flour for a stiff dough

Mix dry ingredients except flour; then add butter and fruit that has been sprinkled with flour. Add flour last and finally enough for a stiff dough. Roll to one-eighth inch thickness, cut in squares, place on a greased baking sheet, and bake in a quick oven.

BOILED FROSTING

1 cup sugar	$\frac{1}{2}$ cup boiling water
1 egg white	1 teaspoon vanilla

Boil the sugar and water together until it threads when dropped from a spoon. Pour syrup gradually on the beaten white

of the egg. Add flavoring and beat the mixture until of right consistency to spread. If not beaten enough, frosting will run. If beaten too long, it will not be smooth.

This frosting may be made more easily by the use of 2 egg whites instead of 1, but the taste is not so good.

FROSTING FROM CONFECTIONERS' SUGAR

1 cup sugar
1 teaspoon flavoring

2 tablespoons boiling water
or cream

Fruit juice may be used in place of boiling water. This frosting is easily and quickly made and is nice and smooth, but you can always tell that the sugar is uncooked.

FOOD FOR CHILDREN

Milk is the foundation of the child's diet. A quart of milk a day should be provided for each child. It is cheap food even at 20 cents a quart. Water is essential and should be taken with meals and between meals. It should not be taken to wash down the food. Ice water is not desirable, but otherwise the habit of drinking water is to be encouraged.

Almost any vegetable may be given children, but should be prepared properly, since they are inclined to swallow their food with insufficient chewing. Fruits are valuable food, but it is safer to cook them for children since they are especially susceptible to infection. In general, provide a plain fare consisting of eggs, bread and butter, cereals and milk, fruits and vegetables.

Coffee and tea should not be given to children, because they are nerve stimulants. Cocoa also as a regular drink is questionable. Meat should not be given to children under five years of age, and some good authorities say not under ten years of age. Chicken or scraped beef is best suited to the digestive system of the child.

Do not teach the baby to eat sugar. Substitute raisins, dates, or figs for candy. Use honey on bread for the child's lunch. You should avoid giving him an excess of fat because it is difficult to digest. Spices and condiments used in highly seasoned foods are detrimental to him.

FOOD HABITS

Provide regular meals at regular hours. Do not allow children to eat between meals. A regular lunch of simple wholesome food may be given at a definite hour each day. For this provide bread and milk, bread and jelly, rice or fruit, and give it about the middle of the forenoon or the afternoon.

Cultivate the habit in each child of eating slowly. Children are inclined to eat too rapidly, because:

- 1.—Mothers when feeding children are in a hurry and supply the next spoonful too soon.
- 2.—Children get ravenously hungry and so eat too fast.
- 3.—Children are often so anxious to return to their play that they do not take time to eat.
- 4.—If meals are late, children may have to hurry or be late for school.

The remedy for each of these difficulties is obvious. A short rest period before eating is desirable, because children who eat while excited do not digest their food properly.

Children should be trained to eat all kinds of foods. They should be required to eat something of every kind of food provided for them. It is no use to prepare a balanced diet unless each member of the family is trained to eat the balanced diet. Mothers should realize that the digestive system develops with the growth of the child. The soft semi-liquid foods needed before the teeth come must be discarded for the more solid food required by the older child. That he may learn to chew his food, it is necessary to give him crusts of bread and hard crackers on which to practice.

CEREALS

Thoroughly cooked cereals served with milk and with raisins, figs, or dates substituted for the sugar are essential.

MILK SOUPS

Milk soups are made with the following basis:

2 cups milk	1 tablespoon fat
1 tablespoon flour	$\frac{1}{4}$ teaspoon salt

plus one-half cup cooked vegetables. The vegetables may be asparagus, peas, celery, potatoes, spinach, or almost any kind.

CORNSTARCH MOLD

2 cups milk	1 teaspoon vanilla
4 tablespoons corn starch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	(Four small portions)
1 egg yolk	

Mix the cornstarch with the sugar, add the milk, and cook in a double boiler until mixture thickens. Cool slightly and add egg yolk, vanilla, and salt. Pour into molds or cups and serve cold.

BOILED CUSTARD

2 cups milk	$\frac{1}{4}$ cup sugar
4 egg yolks	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ teaspoon vanilla and $\frac{1}{2}$ teaspoon rose flavoring	

Beat eggs slightly and add salt and sugar. Pour milk over eggs and heat over hot water until the mixture thickens. Remove from fire, flavor, and chill. Should custard curdle, beat with Dover egg beater to restore smooth consistency.

DUTCH APPLE CAKE

3 cups flour	6 teaspoons baking powder
5 tablespoons butter	1 teaspoon salt
1 cup milk	1 egg
4 tablespoons sugar	2 tablespoons melted butter
3 or 5 apples	

Make a drop batter of consistency of emergency biscuits. Spread in oblong pan. Cover surface with wedge-shaped slices of apple; sprinkle with sugar, and brush over with melted butter. Allow cake to rise 10 to 15 minutes before placing it in oven. Bake in hot oven 15 to 25 minutes.

WHOLE WHEAT PRUNE BREAD

Wash 1 cup prunes, soak several hours, drain, stone, and chop.

Add:

4 teaspoons baking powder to
2 $\frac{1}{2}$ cups whole wheat flour

Add

$\frac{1}{4}$ cup molasses
1 tablespoon melted fat
1 teaspoon salt
1 $\frac{1}{2}$ cups milk

Mix thoroughly and beat well. Add prunes. Put into greased bread pans and allow to stand 20 to 30 minutes in warm place. Bake 1 hour in moderate oven.

Fruits should be served at least once a day. Fruit juices are desirable additions to the child's menu.

PEACH WHIP

1 cup peach pulp
1 egg white

$\frac{1}{2}$ cup powdered sugar

To stiffly beaten egg white add peach pulp and sugar. Place in baking dish, preferably of glass, and cook in oven until egg is firm. Cool gradually that the egg may retain its form. Serve with cream, if desired.

STEWED PRUNES

Wash and pick over prunes; put in a saucepan; cover with cold water, and cook for two hours. Cook in the same water until soft. When they are nearly cooked, add sugar to sweeten. A few drops of lemon juice often add to the flavor.

BAKED APPLES

Select five medium-sized apples. Remove the core and fill the centers of apples with sugar, butter, and cinnamon. Place on a baking dish and bake in a moderate oven until apples are tender.

JELLIED PRUNES

Wash one-half pound dried prunes. Soak over night in cold water. Cook in water in which they were soaked. When they begin to be tender add one lemon cut in slices and one stick of cinnamon cut in pieces. Remove from fire and stir in one-half cup honey. Let stand until cold. Strain off the liquid and add gelatine softened in two tablespoons prune juice. Fill a ring mold to the depth of one-half inch with gelatine mixture and stand in ice water. Pit the prunes, keeping them whole if possible. Place them in the mold and fill it with gelatine mixture; when it is hard, unmold and fill center with whipped cream, which may be sweetened with honey.

SUMMARY

I. BALANCED DIET

The meals for each day should be planned to provide a balanced diet, which means that every need of the body should be supplied daily. This is possible only when the food selected includes something from the various groups as presented in the Introduction to this Bulletin, or the table below may be used.

All groups must be represented in the daily dietary.

Group 1.—Regulating Foods (Also Essential for Building and Energy)

1. Lime or Calcium Milk Oranges Carrots Chard Figs	2. Water Cauliflower Turnips Turnip Greens Water Cress	3. Iron Spinach dried peas Legumes dried beans lentils Dates Prunes Raisins Egg yolk Molasses	4. Roughage Green vegetables Beans Peas Cabbage Celery Onions Dried Fruits Fruits with skin
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Group 2.—Protective Foods

Vitamin A. Cream Butter Spinach Greens (all kinds) Egg yolk Lettuce	Vitamin B. Fresh Fruits Cabbage Spinach Greens Tomatoes Milk Whole Cereals	Vitamin C. Lemon Orange Cabbage Onions Carrots Tomatoes Raspberries
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Group 3.—Building and Repair (Protein Foods)

Milk (Whole) Buttermilk Milk (Skimmed) Cheese Meat Fish	Dried Peas Lentils Eggs Nuts Dried Beans Cereals
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Group 4.—Foods Supplying Energy

A—Starch	B—Sugar	C—Fat
Bread	Cane Sugar	Cream
Crackers	Syrup	Butter
Macaroni	Honey	Cheese
Rice	Preserves	Bacon
Tapioca	Jellies	Butter Substitutes
Corn Starch	Candy	Salad Oils
Cereals	Frozen Dishes	Lard
Potatoes	Cakes	Suet
	Cookies	Chocolate
		Nuts

II. MENU PLANNING

Plan all meals for each week in advance.

Take as your unit the day rather than each meal.

Plan menus to secure variety not only of foods in each meal but of types of meals served.

Consider carefully the needs of all members of the family. The woman who fails to realize that special foods are needed by children and old persons cannot maintain her family in good health.

Food consumption must be uniform. Health is impaired when one alternates between days of feasting and days of fasting.

Meals should be served at regular times. This is important physiologically, because no one factor contributes so greatly to good digestion as regular food habits.

III. ECONOMICAL METHODS

Serve foods in season.

Prepare only the amount needed for each meal.

Bread and butter and milk should be provided in liberal amounts and used to make up any deficiency in the meal.

Equalize the cost of meals as nearly as possible.

Price lists of various canned vegetables and fruits, fresh vegetables and fruits, dried vegetables and fruits will be helpful in planning the cost of meals.

IV. FACTS FOR GUIDANCE

In detail, it may be explained that the main part of the meals each day should consist of simply prepared, mild flavored, and easily digested foods.

Meat should be used in moderation. It should not be used more than once a day; many families are satisfied with meat once a week or perhaps twice.

One of our best authorities contends that no family can afford meat until they have provided milk. Milk is the most important food in the diet. For children it is a perfect food, since it contains all the elements required by the growing child and in their proper proportions. Every child needs a quart of milk each day. For adults a pint of milk a day is sufficient. Eggs should be used freely either separately prepared or cooked in some other dish. Soft cooked eggs should constitute part of the daily diet for children.

Vegetables should be used liberally and should be prepared attractively. Fruits are valuable as regulative agents and should be supplied as freely as possible. Fresh fruits and dried fruits may be used more liberally than preserves and jellies. Some leaf vegetables as lettuce, spinach, and the like should be included in every day's dietary. "A leaf a day" supplies the vitamin so necessary to keep the body in good condition.

Excess of sugar is irritating to the stomach.

Excess of fat hinders digestion, since fat remains longer in the stomach than any other food.

A certain bulk of food is needed to give the sense of satisfaction which depends on the fullness of the stomach; hence the great value of vegetable foods.

Greatest satisfaction is obtained from food when the natural flavors are developed.

Careful preparation is necessary to secure palatable dishes; remember that the appearance of the food is important.

Foods should be seasoned ready to serve before they are placed on the table.

Hot things must be served hot, and cold things must be cold to be satisfactory.

Simplification rather than elaboration should be one's motto.

Economy of time and effort is just as important as economy of materials and money.

Variety in consumption of food tends to provide most satisfactory results, and should be cultivated.

Food habits should be based on food needs rather than on appetite or on custom.

The aim should be to cultivate a rational appetite, to serve palatable food in an attractive manner, and thus to insure returns in health and happiness for every member of the family.

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